

A CLOSET

FOR

Ladies and Gentlewomen,

The Art of Preserving,
Conferuing, and
Candyng.

*With the manner how to make
divers Kindes of Syrups, and
all kind of Banqueting-stuffs:
Also divers Sovereigne-Me-
dicines and Salves.*

Corrected, Amended, and much
Enlarged, by adding a very
Usefull-Table therunto.

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The Table.

READER,

IN this Table thou shalt very easily find how every thing succedes each other in this booke, whether of Preserves, of Candyngs, of Pastes, or of Banqueting-Contests, &c. by their severall folioes.

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| FINIS. | |

An especial Note of
Confectionarie.

To preserve Pippins, Red.



TAKE your best colored Pippins, and pare them : then take a piercer, and bore a hole thorough them, then make sirup for them, as much as will cover them, and so let them boyle in a broad preserving-pan : put into them a peece of Cinamon stick & so let them boyle close covered very leisuarely, turning them very often; for, if you turn them not very often, they will spor, and the one side will not be like the other, and let them thus boyle untill they begin to gelly : then take

B

them

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them up, and pot them, and you may
keepe them all the yere.

To preserve Pippins, white.

TAke faire large Pippins, & af-
ter Candlemas pare them, and
bore a hole thorow them, as you did
for the red ones; then make a weake
sirup for them, and lo let them boyle
till they be tender, then take them up,
and boyle your sirup a litle higher,
then put them up in a Gallipot, and
let them stand all night, and the next
morning the sirup will be somewhat
weaker: then boyle the sirup againe
to his full thicknesse, and so pot them
and you may keep them all the yere.
If you please to have them taste a
pleasant taste, more then the naturall
Pippin, put in one grain of musk and
one drop of the Chymicall oyle of
Cinamon, and that will make them
taste a more pleasant taste.

To preserve Pippins, Greene.

Take Pippins when they be small and Greene off the tree, and pare three or foure of the worst, and cut them all in peeces: then boyle them in a quart of faire water till they be pap, then let the liquor come from them, as you doe from your Quodiniack into a Basen: then put into them one pound of Sugar clarified, and put into this as many Greene Pippins unpared as that liquor will cover, and so let them boyle softly: and when you see they be boyled as tender as a quodlin, then take them up, and pill off the overmost white skin, and then your Pippins will bee green: then boyle them in your sirup againe till the sirup be thick: and so you may keepe them all the yeare.

To preserve Apricocks.

OF Apricocks take a pound & a pound of sugar, and clarify your sugar with a pinte of water, and put

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it into a preserving pan, and put your Apricocks into it, and so let them boyle gently: and when they be boyled enough, and your sirup thicke, powthem, and so keepe them. In like manner you may preserve a peare plum.

To preserve Mirabolans or Malacadonians.

TAke your Malacadonians: Stone them, and perboyle them in water: then pill off the outward skin of them; they will boyle as long as a peece of beefe, and therefore you need not feare the breaking of them and when they be boyled tender, make sirup of them, and preserve them as you do any other things; and so you may keepe them all the yeare.

To preserve Pomcitrons

OF your Pomcitrons take one pound and a half, and cut them, some in halves, some in quarters, and take the meat out of them, and boyle them

them tender in faire water : then take two pound of sugar being clarified, and make sirup for them, and let them boyle in sirup a quarter of an houre very gently : then take them up, and let your sirup boyle till it bee thick, and then put it into your Pomcitrons, and you may keepe them all the yeare if you please, you may pare some of them ; for, some delight them in the skin, and some pared.

To preserve Cherries.

OF the best and fairest Cherries take some two pound, and with a paire of sheers clip off their stalks by the middle ; then wash them cleane, and beware you bruise them not ; then take of fine Barbary Sugar ; and set it over the fire, with a quart of faire, water, in the broadest vessell you can get, and let it seech till it be some what thick, then put in you Cherries, and stirre them together with a silver spoone, and so let them boyle, alwayes scumming and turning them

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very gently, that the one side may be like the other, untill they be enough: the which to know, you must take up some of the sirup with one Cherry. and so let it coole: and if it will scarce run out, it is enough: and thus, being cold, you may put them up and keepe them all the yeare.

To preserve Red-rose leaves.

OF the leaves of the fairest buds take halfe a pound: first them cleane from seeds; then take a quart of faire water, and put it in an earthen pipkin and set it over the fire untill it be scalding hot; and then take a good many of whiter red rose leaves, and put them into the scalding water, untill they begin to looke white, and then straine them: and thus do untill the water looke very red. Then take a pound of refined Sugar, and Beate it fine & put it into the liquor, with half a pound of Rose-leaves, and let them scabe together till they be enough: the which to know, is by taking some

of them up in a spoone, as you doe
your Cherries; and so, when they be
thorow could put them up, and keepe
them very close.

To preserve Oranges and Lemmons.

TAke your Oranges and Lem-
mons large and well coloured;
and take a rasp of Steele, and rasp the
outward rinde from them; then lay
them in water three dayes and three
nights; then boyle them tender, and
shift them in the boyling, to take away
their bitterness; and when they be
boyled tenderly, take two pound of
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and when your sirup is made, and be-
twixt hot and cold, put in your Lem-
mons and Oranges, and there let them
be infused all night; the next mor-
ning, let them boyl wth three walms
in your sirup: let them not boyl too long
in the sugar, because the rinde will be
tough; take your Lemmons out, and
boyle your sirup thicker, and so when

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it is cold, put them up, and keepe them all the yeare.

To preserve Quinces.

OF your Quinces take a pound; core them, and then perboyle them, and pill off the outermost white skin, and then weigh them, and put in to them clarrified sugar one pound, and then boyle them closely covered upon a very gentle fire, putting into them a stick or two of good Cinnamon cut into small peeces, and so stirre them continually, that they may be well coloured on every side; and when the sirup is come to the height of a perfect gelly, take them off the fire, and so keepe them; for the higher your sirup is, the better will your Quinces keepe.

To preserve Peaches.

OF your fairest and best coloured Peaches, take a pound, and with a wet linnen cloth wipe off the white hoare of them; then perboyle them
in

iii halfe a pint of white Wine, and a pint and a halfe of running water; and being perboyled, pill off the white skinns of them, and then weigh them; take to your pound of Peaches, three quarters of a pound of refined Sugar, and dissolve it in a quarter of a pinte of white Wine, and boyle it almost to the height of a sirup, and then put in your Peaches, and let them boyle in the sirup a quarter of an houre or more, if neede should require; and then put them up and keepe them all the yeare.

To preserve Eringo roots.

TAke your Eringo roots, fair and not knotty, one pound, and wash them cleane; and when they bee washed, set them on the fire, and boyle them very tender; pill off the outermost skin of them, but see you breake them not, and as you pare them; put them into cold water, and let them all remaine there till all bee finished, and then you must take to every pound of

B 5

roots,

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roots, three quarters of a pound of clarified sugar, and boyle it almost unto the height of a sirup; and then put in your roots, but look that they boyle very gently together, with as little stirring as may bee, for feare of breaking, untill they bee enough: and when they bee cold, put them up, and so keep them.

To preserve Barberries.

TAke your Barberries very faire and well coloured, and pick out every stone of them, and then weigh them: and to every ounce of Barberries, you must take three ounces of hard sugar; and with halfe an ounce of the pulp of Barberries, & one ounce of red-Rose-water: you must dissolve your sugar, and then boyle it to a sirup; being so boyled, put in your Barberries, and let them boyle a quarter of an houre, and then take them up, and as soone as they begin to wax coole, put them up, and they will keep their colour all the yeare.

To preserve Gooseberries.

YOU must take your large Berries, but not thorowly ripe, and pick off all the stalks from them, and wash them cleane: take a pound of them, and set them on the fire till they bee hot; and then take them off, and let the liquor runne from them; then take ten ounces of hard sugar, and foure ounces of sugar-candy, and clarify it with a pint of water, and the white of an Egge, & boyle it to a thick sirup; and then put in your Gooseberries, & let them boyle a while or two; and so betwixt hot and cold put them up, and keep them all the yeare.

To preserve Damsons.

TAKE of your Damsons large and well coloured, but not thorough ripe (for then they will breake) and pick them cleane, and wipe them one by one; then weigh them, and to every pound of Damsons, you must take a pound of Barberry-sugar, white
and

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and good, dissolved in halfe a pinte or more of water : boile it almost to the height of a sirup, & then put in your Damsons, keeping them with continuall scumming and stirring, and that with a silver spoone ; and so let them boile untill they bee enough, upon a gentle fire ; and when they bee enough, take them up and keepe them all the yeare.

To preserve Raspices.

TAKE of your fairest and well coloured Raspices, and pick off their stalkes very cleane ; then wash them, but in any case see that you bruise them not ; then weigh them, & to every pound of Raspices, you must take six ounces of hard sugar, and six ounces of sugar-candy, and clarifie it with halfe a pinte of faire water, and foure ounces of juice of Raspices : being clarified, boile it to a weake sirup, and then put in your Raspices, stirring them up and downe, and so let them boile till they bee enough, that is, using

using them as your Cherries, and so you may keepe them all the yeare.

To preserve Enula Campana roots,

TAke of your Enula Campana roots, and wash them : scrape them very cleane, and cut them thin to the pith, the length of your little finger : and as you cut them, put them in water, and let them lye in water thirty dayes, shifting them twice every day, to take away the bitternesse ; weigh them, and to every pound of root, you must take twelve ounces of clarified sugar, first boyling your roots as tender as a Chickin, and then put them into your clarified sugar, and let them boile upon a gentle fire unill they be enough : and let them stand off the fire a good while, and betwixt hot and cold put them up to your use.

To preserve Saterion Roots.

TAke your Saterion roots, and pick out the faire ones and keep them by themselves : then wash them
and

A. Clafsa for Babies

and boyle them upon a gentle fire as tender as a Quodlin, then take them off, and pare off the blackest skin of them, and put them as you pare them into faire water, and so let them remaine one night, and then weigh them, and to every pound of roots you must take eleven ounces of clarified sugar, and boyle it almost to the height of a sirup, and then put in your roots, but take heed they boyle not too long, for then they will grow hard and tough : and therefore when they bee boyled enough, take them off, and set them a cooling, and so keepe them according to the rest.

Here end the P. eservatives.

To make Manus Christi.

OF refined sugar take half a pound and some Rose-water, and boile them together till it come to sugar againe : then stir it about while it bee somewhat cold : then take your leafe-gold, and mingle with it : then cast it according

according to art, that is, in round gobbers, and so keepe them.

To candy Ginger.

TAke very faire and large Ginger, and pare it, and then lay it in water a day & a night; then take your double refined sugar, and boile it to the height of sugar againe: then when your sugar beginneth to be cold, take your Ginger, and stir it well about while your sugar is hard to the pan: then take it out race by race, and lay it by the fire foure houres: then take a pot, and warme it, and put the Ginger in it: then tye it very close, and every second morning stir it about roundly, and it will be rock-candied in a very short space.

To candy Rose-leaves, as naturally as if they grew upon the tree.

TAke of the fairest Rose-leaves, red or damaske, and on a Sunshyne day sprinkle them with Rose-water and lay them one by one, upon
faire

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faire paper : then take some double refined Sugar, and beat it very fine, and put it in a fine lawn scarce; when you have layd abroad all the Rose-leaves in the hottest of the Sun, scarce sugar thinly all over them : then anon the sun will candy the sugar ; then turn the leaves, and scarce the sugar on the other side, and turne them often in the Sun, sometimes sprinkling rose water, and sometimes scarcing sugar on them untill they be enough, and come to your liking : and being thus done, you may keepe them.

*To candy Marigolds in wedges the
Spanish fashion.*

Take of the faire yellow Marigold flowers two ounces, and shred them, and dry them before the fire : then take foure ounce of Sugar, & boil it to the height of *Manus Christi* : then powre it upon a wet Pieplate, and betwixt hot and cold, cut it into wedges : then lay them on a sheet of white paper, and put them in a Stove.

To

To candy all manner of flowers in their
naturall colours.

Take the flowers with the stalks,
and wash them over with a little
Rose-water, wherein Gum-arabick
is dissolved; then take fine sifted
Sugar, and dust over them, and set
them a drying on the bottome of a sieve
in an Oven, and they will glister as if
it were Sugar-candy.

To candy all manner of flowers, fruits,
and spices, the clear rock-candy.

Take two pound of Barbary Su-
gar great grained, clarified with
the whites of two Egges, and boyl it al-
most as high as for *Manus Christi*; then
put it into a pipkin that is not very
rough, then put in your Flowers, Fruit
and Spices, and so put your Pipkin into
a Still, and make a small fire of small
coles under it; & in the space of twelve
dayes it will be rock-candied.

To

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To candy Eringoroots.

TAke of your Eringoroots ready to be preserved, and weigh them, and to every pound of your roots, you must take of the purest sugar you can get two pound, and clarifie it with the whites of Egges exceeding well, that it may be as cleare as Chrystall, for then it will be very commendable: it being clarified, you must boyle it to the height of *Manus Christi*, and then dip in your roots two or three at once, till they be all candied, and so put them in a Stove, and keepe them all the yeare.

To candy Epula Campana.

TAke of your fairest Epula Campana roots, and take them cleane from the sirup, and wash the sugar off them, and dry them againe with a linnen cloth; then weigh them, and to every pound of roots you must take a pound and three quarters of sugar: clarifie it well, and boyle it to the height of *Manus Christi*, and when it is so

so boyled, dip in you roots,, three or
foure at once, and they will candy very
well ; and so stowe them and keepe
them all the yeare.

To candy Violet Flowers.

TAke of your Violet flowers that
are good and new, and well co-
loured, and weigh them : to every
ounce of your Violet flowers you must
take, four ounces of refined sugar,
which is very white and faingrained,
and dissolve it in two ounces of saice
running water, and so boyle it till it
come to sugar againe ; but you must
scum it often, least it be not clear en-
ough ; and when it is boyled, to sugar
again, then take it off, and let it cool,
and then put in your violet flowers,
stirring them together till the sugar
grow hard to the pan : this done, put
them into a box, and keepe them in a
stove.

Of *A Closet for Ladies*

To candy Goosberries.

TAke of your fairest berries, but they must not be too ripe, for then they will not be so good, and with a linnen cloth wipe them very cleane, and pick off all the stalks from them, and weigh them: and to every ounce of Berries, you must take two ounces of Sugar, and half an ounce of Sugar-candy, & dissolve them in an ounce or two of Rose water, and so boyle them up to the height of *Manus Christi*, and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will shrink, and so stirre them in round with a wooden Spatter till they bee candied; and thus put them up and keepe them.

To candy Rosemary flowers.

TAke of your Rosemary flowers ready pickt, and weigh them; to every ounce of flowers you must take two ounces of hard sugar, and one ounce

ounce of Sugar Candy, and dissolve them in Rosemary flower-water, and boile them till they come to sugar againe: which done, put in your Rosemary-flowers when your sugar is almost cold, and so stir them together till they bee enough, and then take them out, and put them in a box, and keep them to your use in your stove.

To candy Borage Flowers.

TAke your flowers, and pick them very cleane, and weigh them, and use them in every respect as you did your Rosemary-flowers, save this; that when they bee candied, you must set them in a still, and so keep them in a sheere of white paper, putting every day a chafindish of coles into your still, and it will bee candied very excellently, and that in a short space.

Here end the sorts of candying.

To make Paste of Pippins, the Geneva fashion, some with leaves, some like Plums, with stalks and stones in them.

TAke your Pippins, and pare them and cut them in quarters: then boile them in faire water till they be tender; then straine them and dry the pulp upon a chafindish of coales: then weigh it, and take as much sugar as it weigheth, and boile it to *Marus Christi*, and put them together: then fashion them upon a Pieplate and put it into an Oven being very sleightly heat: the next Morning you may turne it, and put them off the plates upon sheets of Paper upon a hurdle, and so put them into an Oven of like heat, and there let them remaine foure or five dayes, putting every day a Chafindish of coales into the Oven: and when they be thorow dry you may box them, and keepe them all the yeare.

To make paste of Eglantine, of the colour of red Corall.

TAke your Eglantine Berries, otherwise called Hips, and stamp them in a morter with Gumdragagant and Rose-water; then straine it thorow a strainer; then take halfe a pound of refined sugar beaten, and searced, and worke it up into Paste with this straining; then print it with your moulds; then stove it, and then gild them.

To make Paste Royall-white.

TAke a pound of refined sugar beaten and searced and put into an Alabaster Morter, with an ounce of Gumdragagant, steeped in Rose water; and if you see your Paste be too weak, put in more sugar; if too dry, more Gumme, with a drop or two of oyle of Cinamon, so that you never deceive your self, to stand upon quantities; beat it into perfect paste, and then you may print it with your moulds; and when it is dry, gild it, and forkeop them.

To

To make paste-royall in Spices.

TAke of Cinamon and Ginger, of each a like quantity being finely searced: mingle it with your searced sugar and gum Dragagan: steeped in Rose water; and worke it into paste, as you may turne it upon sticks made of peeces of Arrows, and make them hollow like Cinamon sticks: in like sort you may make it taste of what spices you please.

To make Paste of Genna the true way.

TAke two pound of pulp of Quinces, and as much of Peaches, and straine it, and dry it in a pewter platter upon a chafindish of Caples: then weigh it, and take as much sugar as it weigheth, and boile it to the height of *Manus Christi*, and then put them together, and so fashion it upon a Pie plate, and dry it in an Oven with a chafindish of coles, untill it be thorow dry: and then if it please you, you may spot them with gold.

To

To make PASTE of violets.

YOU must take of your Violets that are ready picked, and brulſe them in an Alabaſter or Marble mortar, and wring the juice from them into a Porringer, and put as much hard ſugar in fine powder, as that juice will cover: dry it, and powder it againe, and then take as much Gumdragagant ſteeped in Roſe water, as will bring this ſugar into perfect Paſte: when it is perfect, take it up, and print it with your moulds, and ſo dry it in your ſtove, and not by the fire, for feare of danger and when it is dry, gild it. It is a fine banquetting conceit.

To make Paſte of Goosberries.

TAKE of your Goosberries, and cut them one by one, and wring the juice from them, till you have gotten ſo much as you thinke will ſerve your turn: boyle your juice a little, that it may be thicker: then take as much double refined ſugar as your juice will
C sharpen,

A. Clasket for Dadies

sharpen and dry it as you did for Violets; and being dry, beat it very fine, and take as much Gumdragagant steeped in red rosewater, as will serve, and beat it into perfect Paste in an Alabaster Morter, and then take it up, and print it with your moulds, using it in every respect as your paste of violets. This is excellent good for one that hath a weake stomack.



Here begin Banqueting-Conceits, as Marmelade, Quodiniack, and such like.

To make Muskadine comfits.

TAKE halfe a pound of Musk sugar beaten and searced; then take Gumdragagant steeped in Rose water, and two graines of Muske, and so beat them in an Alabaster Morter till it come to perfect Paste; then drive it very thin

thin with a rowling pin, and then cut it into small peeces like diamonds, some cut with a rowle spoone on the sides & being thus cut, stowe them, and so keep them all theyere.

To make diocitonium simplex of quinces

TAke of your Quinces, and pare them, and cut them in peeces, and boyle a pound of these peeces in a quart of faire water, till they be very soft: then let the liquor run from them, take a pound of sugar Candy and beat it fine, and put it into that liquor, and let it seeth till you see it stand like gelly. then take it from the fire, and put there in foure drops of oyle of Cinamon and Nutmegs, and then put in five and twenty leaves of fine gold, and stir it together, and so put it in fine Chrystall Glasses, and keepe it all theyere.

To make fine Chrystall Gelly.

TAke a knuckle of Veale, and foure Calves feet, and set them on the fire with a gallon of faire water,

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ter, and when the flesh is boiled tender, take it out: then let the liquor stand still untill it be cold, then take away the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified Sugar, foure or five drops of Oyle of Cinamon and Nutmegs, a graine of musk, and so let it boyle a quarter of an houre leisurely on the fire, then let it runne thorow a gelly bag into a bason, with the whites of two egges beaten; and when it is cold, you may cut it in lumps with a spoon, & so serve three or four lumps upon a plate.

To make white Leach of Cream.

TAke a pint of sweet creame, and six spoonfull of Rosewater, and two graines of Musk, two drops of oile of Mace, or one peece of large Mace, and so let it boile with foure ounces of Isinglass: then let it run down thorow a gelly bag: when it is cold, slice it like brawne, serve it out. This is the best way to make leach.

To

To make a walnut, that when you crack it, you shall find Buckets & Carrowais in it, or a pretty posie written.

TAke a peece of your paste-royal white, being beaten with Gumdragagant, and mixed with a little fine scarced Cinamon, which will bring your past in a Walnut shell colour: then drive it thin, and cut it into two peeces, & put the one peece into the one halfe of your mold, and the other into the other, then put what you please into the nut, and close the mould together, and make three or foure Walnuts.

To make Quodiniack of Plums.

TAke two pound of Plums, and put them into a Posnet with a pound and a halfe of Brasill sugar, clarified with a pint of faire water, and let it boile till the Plums break: then take it off, and let your liquid substance run thorow a strainer, and then put it againe into the Posnet, and so let it

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boyle till it come to its thicknesse, and then print it with your moulds on what fashion you please.

To make Bisketteke.

TAke two ounces of very fine Sugar, beaten and searced, and put into it halfe a spoonfull of Amidum, that is, white starch; a graine of Muske, then beat it into perfect Paste, with Gumdragant steeped in Rosewater then make it into little pretty loaves the fashion of Marshen, and so put a Wafer in the bottome of every one of them, and bake them in a baking pan, but take heede your pan be not hot and so speck them with gold, and so box them. It is a very fine banquetting conceit.

A speciall sweet water to perfume clothes in the folding being washed.

TAke a quart of Damask Rose water and put it into a glasse, put unto it a handfull of Lavender flowers, two ounces of Orris, a dramme of Muske,

Musk, the weight of four-pence of Amber-greece, as much Civet, four drops of oyle of Cloves; stop this close, and set it in the Sun a fortnight: put one spoonfull of this water into a basin of common water, and put it into a glasse, and so sprinkle your cloths therewith in your folding: the drops left in the bottom (when the water is spent) will make as much more, if you keep them and put fresh Rose-water to it.

To make Mosse-Powder.

OF the Mosse of a sweet Apple-tree take two pound, gathered between the two Lady-dayes, and infuse it in a quart of Damask-rose-water twenty four hours: then take it out and dry it in an Oven upon a fives bottom, and beat it to powder: put to it an ounce of Lignum Aloes beaten and searced, two ounces of Orries, a dram of Musk, half a Gram of Amber-greece, a quarter of a dram of Civet, put all these into a hot mor-

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ter and pestle, and beat them together; and searce them thorow a course hair searce, and put it into a bag, and lay it among your cloths.

To make Aromaticum Lozenges.

OF fine sugar take half a pound; boil it with red-Rose-water untill it come to the height of Lozenges; and in the cooling, put in of the spices of Aromaticum-Rosarum, four drams, with a little Confectio-Alcher-mes, and so make them into Lozenges, gilding them first, and then cut them square with a knife for that purpose; and when you guild them, if your gilding will not stick on, wet them gently with a little Rose-water, but not too much in any case.

To make a March-pane, to ice it, and garnish it after the Art of Comfit-making.

You must take two pound of small Almonds blanched, and beaten into perfect paste, with a pound of
of

of sugar finely searced, putting now and then a spoonfull or two of Rose-water, to keep it from oyling; and when it is beaten to perfect paste, rowl it thin, and cut it round by a Charger; then set an edge on it as you doe on a Tart; then dry it in an Oven or a baking pan; then ice it with rose-water and sugar, made as thick as batter for Fritters; when it is iced, garnish it with conceits, and stick long Comfits in it, and so gild it, & serve it.

To make all sorts of Banqueting Conceits of March-pane-stuffe, some like Pies, Birds, Baskets, and such like, and some to print with moulds.

YOU must take a pound of Almond paste made for the March-pane, and dry it in a chafindish of coales, till you see it wax white; then you may print some with moulds & make some with hands, and so gild them; then stove them, and you may keep them all the yeare. They be

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excellent good to please children.

*To make all kind of Birds and Beasts,
to stand on their legs in
casting work.*

You must take Barbary sugar,
clarifie it, & boyl it to the height
of *Manus Christi*: then pour it into
your moulds, they being seasoned as
for your Quodiniack: let them stand
a quarter of an hour, and they will be
cold; and then you may take them
out and gild them.

*To cast all manner of Fruitage hollow,
in turned work, and put them in
their colonys, as Orenge,
Lemons, and the like.*

You must take your sugar being
boyled to the height of *Manus
Christi*, and put it into your Alabla-
ster moulds, being made of three
peeeces; turn it round about in your
hand, while it is hot; and when it is
cold take it out, & put them into their
naturall colour.

To

To make Prince Bisket-bread.

OF very fine flower take a pound, as much Sugar thorowly searced, one ounce of Amiseeds clean pickt, take eight Eggs, and a Spoonfull of Muscadine, and beat all into batter as thick as for Fryers; beat it thus in a bowl one hour; then put it into your coffins of plate, or frames of wood, and set it in an Oven, and let it remain there one hour. You may slice some of them when they be a day old, and dry them again upon a bundle of Wicker: you may also take one of your leaves & wash it over with the yolk of an Egg beaten with a little Rose-water, and while it is green, cast Biskets and Carrowaies on it, and a little white Candy, & it will shew as if it did hail on it; then spot them with gold, and give it to whom you please.

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*To make the usuall Rasket sold at
Comfit-makers.*

OF flower take a peck, and four ounces of Coriander-seed, one ounce of Aniseed, take three Eggs, three Spoonfulls of Ale-yest, and as much warm water as will make it as thick as paste for Manchets; ma'e it in a long Rowl, and bake it in an Oven one hour; and when it is a day old, pare it, and slice it, sugar it with scarced sugar, and put it again into the Oven; and when it is dry, take it out, and new sugar it again, and box it, and keep it.

*To make an especiall sweet Powder
for sweet Baggs.*

OF the purest Orrise take one pound; Red and Damask Rose-leaves, of each two onnces, of Cloves three drams, Coriander-seed one dram, Cyprus and Calanius of each half an ounce, Benzoin and Storax of each three drams; beat them
all

all have the Benzoin and Storax, and powder them by themselves, and mix it with the rest of the powder; then take of Musk and Civer, of each twenty grains, Amber-greece ten grains, mix these with a little of the foresaid powder, with a warm Pestle, and so by little and little you may mix it with all the rest, and so with Rose-leaves dried you may put it into your sweet Bags, and so keep them seven yeers.

*To make an excellent Marmelade,
which was given to Queen Mary
for a New-years gift.*

OF sugar take a pound and an half, boil it with a pint of fair water, till it come to the height of *Manus Christi*; then take three or four small Quinces, one good Oring pill, both very well preserved and finely beaten, and three ounces of Almonds blanched, and beaten by themselves, Eringo roots preserved two ounces and an half, stir these with the sugar till it will not stick; and then

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at the last, put in of Musk and Amber dissolved in Rose-water, of each four grains; of Cinamon, Ginger, Cloves and Mace, of each three drams, of oyl of Cinamon two drops: this being done, put it into your Marmelade boxes, and so present it to whom you please.

*To make another sort of Marmelade
very comfortable for any Lord
or Lady whatsoever.*

○ If the purest green-Ginger take six drams; of Eringo and Satterion roots, of each an ounce and an half; beat these very finely, and draw them with a silver spoon thorow a hair-scarce; take of Nut-kernels and Almonds blanch'd, of each an ounce; Cocks stones half an ounce, all steeped in Honey twelve hours, & then pulled in Milk, and beaten and mixed with the rest; then powder the seeds of red Nettles, of Rockes, of each one dram; Plantain-seeds half a dram; of the belly and back of a Fish called Scincus-

Scincus-marinus three drams; of Dis-
sarcion four ounces; of Cantarides
add a dram; beat these very finely, and
with the other powder mix it: and so
with a pound of fine sugar dissolved in
Rose-water, and boyled in sugar again,
mingle the powder and all the rest of
the things, putting in of leaf gold six
leaves; of Pearl prepared two drams,
oyle of Cinamon six drops; and be-
ing thus done, and well dried, put it
up in your Marmelade boxes, and gild
it, and so use it at your pleasure.

To make a blanch for any Ladies face.

OF white Tartar take two drams,
Camphire one dram, Copters
half a dram, the whites of four Eggs,
juice of two Lemmons, oyle of Taster
four ounces, Plantan water as much,
white Mercury a pennyworth, bitter
Almonds two ounces; all must be pow-
dred and mixed with the oyle and wa-
ter, and then boyled upon a gentle fire,
and strain it, and so keep it: the par-
ty must rub her face with a scarlet
cloth,

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cloath, and then over night wash her with it, and in the morning wash it off with Bran and White-wine.

To make printed Quodiniacks of Quinces, a ruby colour.

OF Quinces pared take two pound, and cut them in small peeces, and put them into a Posnet with three pints of fair water, and so let them boyle till they be tender; then put into them a pound of sugar, and let it boyl till the fruit fall to the bottom of the Pan: Let the liquor run thorow a strainer into a Bason, and put it into a fair Posnet, and let it boyle till it come to his colour and thicknesse; then print it with your moulds. And you shall know when it is ready to print, by roling a little upon the back of the spoon, and if you see it will stand, and not run down, print it. In like sort you may make your Quodiniack of Pippins; your Pippins will hold all the yeare.

To

To make Quodiniack of Raspices,
or English Currans.

TAke Raspices ripe and well coloured, and put them in a dish, & put to them four spoonfulls of Rose-water, and mix them together with the back of a spoon; then wring the liquid substance thorow a linnen cloth; season it by your mouth with sugar till it be sweet enough; then boil it upon a Chafindish of coals in a dish, till it be ready to print; then print it in your moulds, and box it, and so keep them.

Your moulds must ly in water one night before you use them: and an hour before you print with them, take them out of the water.

Here end the conceits of Banqueting.

CORDIAL WATERS.

Aqua Cœlestis.

OF Ciuamon take six ounces,
Cloves one dram, Nutmegs
one

14 *A Gleser for Ladies*

one dram and a half, of Ginger two drams and a half, of Gallinagle one dram and a half, Cubebs two drams, Callamus roots one dram, all bruised and kept in a paper: then take of Bitony and fige flowers, of each a handfull; Marjoram, Pennicill, of each half a handfull, bruised likewise: then take of these powders, of Aromaticum-Rosarum three drams; Diambre, Diamargariton-frigidum, Diunosouth-dulce, of each a dram and a half: you must put all these into a gallon of spirit of Wine, & steep them three dayes and three nights, shaking them well every day; and then distill it in your Limbeck; and when it is distilled, you must hang half an ounce of yellow Sanders, and twenty grains of Musk and Amber in it.

2 *To make Cinnamon-water.*

OF the best Cinnamon you can get take one pound; bruise it well, and put it into a gallon of the best Sack, and infuse it three dayes and

and three nights, and then distill it as your Aqua Cœlestis.

To make Doctor Stevens Water.

OF Rose leaves take one dram, Borage, Bugloss, Viols, and Rosemary-flowers, of each a dram and a half; Spikenard a dram, Cinamon two ounces, Ginger an ounce, Cloves and Nutmegs of each half an ounce, Cardamons a dram & a half, Gallin-gale two drams, Cubebs a dram, Pepper three drams, Anniseeds, Carroway-seeds & fennell-seeds, of each an ounce, Lignum Aloes half a dram, Corall and Pearl in fine powder of each one dram; bruisse these and put them in a pottle of Aqua vitæ, and a quart of Sack, using it in every respect as your Aqua Cœlestis.

To make Balm Water.

TAke Balm, dry three ounces; Time, Pennyriall, of each one ounce, Cinamon four ounces, a dram of Cardomus, Grains half an ounce,
Sweet

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Sweet Fennell-seeds an ounce, Nutmegs and Ginger of each a dram, Gal-lingale one ounce; Calamus, Cyprus, Cub bs and Pepper, of each two drams, of Caper-roots half a dram, of Dipra-mus one dram : bruise these things, and put them to a pottle of Sack, and steep them twenty four hours, and then use it as the former waters.

Angelica Water.

OF Cardus take and dry a hand-
full, Angellica-roots three
ounces, of Myrch one dram, Nutmegs
half an ounce; Cinamon, Ginger, of
each four ounces, Saffron one dram
and a half, Cardamons, Cubebs, Gal-
lingale and Pepper, of each a quarter
of an ounce, Mace two drams, Grains
one dram; Lignum-Aloes, Spikenard,
Juncus-Odoratus, of each a dram;
Sage, Borage, Buglosse, Violets, and
Rosemary-flowers of each half a hand-
full : bruise these, and steep them in a
pottle of Sack twelve houres, and di-
still it as the rest.

Rosa

Rosa Solis.

TAke Liquorice eight ounces, Anniseeds, Carroway, of each an ounce; Raisons stoned, Dates, of each three ounces, Nutmegs, Ginger, Cinamon, Mace, of each half an ounce, Gallingle a quarter of an ounce, Cubebs, one dram, Figs two ounces, Sugar four ounces; bruise these, and distill it with a gallon of Aqua vitæ, as the rest: but when it is distilled, you must colour it with the herb Rosa-solis, or else Alkanet-root.

Wormwood Water.

TAke of Worm-wood two ounces and a half, Sage, Bittony and Rue, of each half a handfull, Rosemary-tops a handfull, Cinamon three ounces, Nutmegs half an ounce, Cloves and Mace, of each half a dram, Ginger one ounce; Gallingle, Cubebs and Spikenard, of each a dram and a half, of Scordium half a handfull; bruise these, and put them into a pot-
tle

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tle of Sack, and a pint of Aqua vitæ,
and steep them four and twenty hours,
and distill them as the rest.



Here begin CONSERVES.

To make Marmelade of Quinces.

TAKE your Quinces, and boyle
them tender : then pare them
and cu: them to the core : then
draw the pulp, that is, the Quince,
thorow a hair Searce, and weigh it :
to every pound of pulp take a pound
of clarified Sugar, and boile them to-
gether till they come to a perfect co-
lour, putting to them in the boyling a
little oyle of Cinamon ; and when it
is boyled enough, that it will not stick
to the Pan, put it into your Marme-
lade Boxes. But your Conserve must
not be boyled so high in any case ; for
then it will not be so good.

To

To make Conserve of Red and
Damask Roses.

Take of the purest and best do-
loured Buds you can get, and clip
off the whites from them, and to every
pound of leaves, you must take three
pound of Barbary sugar, and beat them
together till they be very fine; & then
with a wooden platter take it up, and
set it on the fire till it be thorow hot,
and it will be of an excellent colour.

To make Conserve of Violets.

Take of your Violet Flowers, and
pick off all the blew Flowers and
keep them, and weigh them, and take
to every ounce of flowers three ounces
of refined sugar, and beat them in an
Alabaſter Morter till they bee very
fine, and then take them up, and put
them into an earthen Pipkin, and set
them upon the fire till such time as they
be thorowly hot; and then take them
off, and put them up and keep them.

To

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To make Pastorall Roults for the Cough.

TAke Liquorice powder finely searced one ounce, of the Spices of Diadraganthum-frigidum two drams; of Gum-arabeck and Dragagant in fine powder, of each a dram; white starch half a dram, Anniseeds in fine powder one ounce, mingle it with the rest; then take of Sugar six ounces, of Pennits one ounce and a half, Sugar-Candy one ounce, powdered and mingled with the former powder: then take Gum-dragagant steeped in Rose-water, and beat it into paste, and so make it into long roults, and so dry them and keep them.

To make Conserve of Borage flowers.

TAke of your Borage flowers well coloured, and pick the blacks from them; then weigh them; to every ounce of flowers, you must take three ounces of Sugar, and beat them together in an Alabaster Morter with a wooden Pestle till they be very fine,
so

so that you cannot discern any Sugar in lumps; then take them out, and put the Conserve into a Pipkin, and heat it thorow hot: and having thus done, put them up, and keep them all the yeare.

To make Conserve of Rosemary flowers.

TAke your Rosemary-flowers, fresh and good, and pick them from the green tusk: weigh them; and take to every ounce of flowers three ounces of Sugar-Candy, and beat them very fine, using them in every respect as you did other Conserve.

To make Conserve of Buglosse flowers.

TAke your Buglosse flowers, and pick them as you did your Borage-flowers; and then weigh them; and to every ounce of flowers you must take two ounces of hard Sugar and one ounce of Sugar Candy, and beat them together till they be exceeding fine, and then set them on the fire to dissolve the Sugar; and when it

D

is

A Closet for Ladies

is dissolved, and the conserve hot, put it up and keep it all the yeare.

To make a Pomander.

OF Beazon take one dram, and a half, of Storax half a dram, of Lignum-Aloes in fine powder half a scruple, of Labdanum half an ounce; powder all these very fine, and searce them thorow Lawn: and then take of Musk a dram, Ambergreecoten grains, Civet ten grains, and dissolve them in a hot Morter with a little Rose-water, and so make them into a Pomander, putting into it six grains of Civet.

To make Conserve of Barberries.

TAke of your Barberries which are very red and ripe, and pick them from the stalks, and then wash them, and put unto them a pretty deal of fair water, and set them on the fire in an earthen Pan, and so scald them; and being thorowly scalded, pulp them thorow a fine searce; and to every pound of pulp, take a pound of powder Sugar.

Sugar, and boyl them till they bee enough, that is, till it will cut like Marmelade.

To make Conserve of Cichory flowers.

TAke of your Cichory flowers new gathered; for if you let them lie but one hour, or two at the most; they will lose their colour, and doe you very little service: therefore weigh them presently, and to every ounce of flowers, you must take three ounces of double refined Sugar, and beat them together in a Morter of Alabaster and a wooden Pestle, till such time as they be thorowly beaten: for, the better the flowers and sugar be beaten, the better will your Conserve be: let this alwayes be for a generall rule. Being very well brayed, you must take them up, and put it into a Chafin clean scoured, and set it on the fire till it be thorowly hot: then take it off, and put it up, and keep it all the year.

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*To keep Cucumbers in pickle
all the yeare.*

OF Conduit water take four gallons, & put into it three quarts of Bay-Salt, two handfulls of Sage, one handfull of sweet Marjoram, and four handfulls of Dill, let these boyle till it come to three gallons, and then take it off; and when it is almost cold, put an hundred of Cucumbers into the liquor, into a Butter-barrell, and keep them all the year, but look that alwayes the hearbs ly upon them: and thus done, it will bee a most excellent Sallet with Oyle, Vinegar and Pepper.

*An exceeding fine Pill used for
the Gowt.*

OF Aloes take two ounces, Mastick three drams, Agrick half an ounce, Ginger half a dram: let these be powdred very fine: then take of the extraction of Rubarb three drams, and with white-Wine let them be incorporate |

rated into a masse of pills, adding unto them a drop of oyle of Cloves, and as much of Nutmegs.

A Medicine for the Gowr.

OF the slips of Starrs take to the number of four, and then take to every slip four snails, and put them into an earthen Pot, and sprinkle four or five handfulls of Salt upon them, & then put to them Sage, Rue, Wormwood and Hysop, of each four handfulls, and so distill them; and when you have distilled them, put to them a quart of Wine-Vinegar, wherein an ounce of white Mercury is dissolved, and so bathe the place infected with the Gowr, and it will ease them presently.

To make sirup of Pomcitrons.

TAke Pomcitrons and cut them in halves, and juice them; but beware you wring them not too hard, least it be slimy: and take to every pint of juice three quarters of a pound

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of refined Sugar, and boyl it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any case that you boyl it not on too hot a fire, least it burn : and then, when it is boyled enough, put it up and keep it all the year.

To make Sirup of Violets.

TAke your Violets, and pick the Flowers, and weigh them, and then put them into a quart of water, and steep them upon hot embers untill such time as the Flower be turned white, and the water as blew as any Violet : then take to that a quart of infusion, and four pound of clarified Sugar, and boyl it till it come to a Sirup, scumming and boyling them upon a gentle fire, lest it turn his colour; and being boyled, put the Sirup up, and keep it.

To make Sirup of Liquorice.

TAke your Liquorice eight ounces, and scrape it very clean, and

and bruise it very well, and Maiden-hair one ounce, Anniseed and Fennell-seed of each half an ounce: steep these in four pints of Rain-water half a day, and then boyl it to a quart: then take a pound and a half of clarified Sugar, and boyl it with that liquor till it come to a Sirup; then pue it up and keep it.

To make Sirup of Hore-bound.

TAke of Hore-bound two handfulls, of Colts-foot a handfull; of Time, Penniriall and Calamint, of each two drams, of Liquorice one ounce and a half, of Figs and Raisons of the Sun, of each two ounces, Piony kernells a quarter of an ounce, Anniseeds and Fennell-seeds, of each a quarter of an ounce: boyl these in a gallon of faire water, till it come to a pottle, or three pints; and then strain it; and take three pound of Sugar, and three Eggs, and clarifie that liquor and so boyl it to a Sirup, and so keep it all the year.

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To make Sirup of Maiden-hair.

TAke of Maiden-hair six ounces, of Liquorice one ounce, scraped and sliced : steep these twenty four hours in four pints of Conduit water, and then boyl them to a quart, and then take two pound of clarified sugar, and boyl it with that liquor upon a gentle fire of Charcoals, till it come to a Sirup, scumming it very often, that it may be the clearer ; for the clearer it is the better it is : and being boyled enough, put it up.

To make Sirup of Hysop.

TAke of Hysop one handfull, of Figs, Raisons, Dates, of each an ounce, of Callamint halfe a handfull, of French Barley one ounce : boyl these in three pints of water to a quart, and then strain it, and then clarifie it with the whites of two Eggs, and two pound of Sugar ; and so boyle them to a Sirup ; and being boyled enough, keep them all the year.

To

To keep Cherries all the year to have them at Christmas.

TAke of the fairest Cherries you can get ; but be sure that they be not bruised, and take them, and rub them with a linnen cloth, and put them into a Barrell of Hay, and lay them in ranks, first laying Hay in the bottom, and then Cherries, and then Hay again : and then stop them up close, that no aire may come neer them, and lay them under a feather-Bed where one lyeth continually ; for the warmer they are, the better ; yet neer no fire : and thus doing, you may have Cherries at any time of the year.

To make Sirup of Mulberries.

TAke your Mulberries which are very ripe, presse out the juice from them thorow a linnen cloth between two sticks, and then to every pint of juice, take a pound of Sugar, and boyl it to the height of a Sirup, and then keep it all the year long :

D 5

and

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and if it wax any thing thinner a moneth after you put it up; boyl it again, and then put it up.

To make Sirup of Lemmons.

First take your Lemmons, and cut them in halves, and betwixt your fingers juice them, and the liquor that runs from them will be very clear: then take to a pint of juice, a pound & a quarter of hard Sugar, which is very white, boyl it to a Sirup, and it will keep excellent well.

To make Sirup of Roses solutive.

First take of Damask Roses, & pull them, then take a gallon of water & when the water is hot, put in a good many damask rose leaves, & take them out when they look white, and do so ten times, and then the water will look red. & then to every pint of that liquor, put a white of an Egg, and a pound of Sugar, and clarifie it, and boyl it to a Sirup, and keep it all the year. The thicker the Sirup is, the better it will keep.

To

To make Sirup of dry Roses.

First take of red Roses dried four ounces, and infuse them in a quart of fair water upon hot embers till the Roses have lost their colour: then take a pound and a half of Sugar, and clarify your liquor and Sugar with two Eggs, and then boyl it to the height of a Sirup: but take heed in any case, that you set not your Sirup upon too hot a fire: for then it will lose his colour, and be worth nothing.

*A Medicine to give a Woman
in Travell to make her
have Throwes.*

TAke Corall, Amber, Daresones, Pearl, Piony-seeds, Saffron, Commine: beat all these in powder, and put it into Malmsie, and take Unicorns horn, and put it

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it into a spoon with a litle Malmſie, and give it to her; and preſently let her drink a draught of the Malmſie, with the powders aforeſaid, warming of it a litle.

A Medicine for the falling down of the Matrice to the bearing place.

Firſt take Chickweed and ſeeth it in an earthen pot; then lay of it upon a peece of Scarlet, as hot as the party may ſuffer it: let her take it to the privy place, and as one Plaister, cools, ſo lay another and uſe it.

Another for to be taken to the Navill, and to the Back right againſt the Navill, for the ſame.

Firſt take an Onion, and roſt it very tender; then take of Allyſander ſeeds, and bruise them in a wooden diſh, and mingle the Onion and the bruised ſeeds together, and lay it upon a peece of Linnen cloth: ſo lay it to the Navill a litle warm: rowl that on, and let it ly on twenty four houres,

hours: then change it, and take a new one till it bee whole.

It is good for the Midwife to hold Munk below (tyed in a little Lawn) to draw down the child.

Take Torch-wort, and lay a leaf of it to the crown of a womans head warm, to stay other flowers.

*A Medicine for a woman after Burden,
if need be, to bring it down.*

TAke Sothern wood, and wash it clean and stamp it, and strain it in strong Ale, and give it her to drink warm.

To stop the whites in women.

FRy Hemlock in fresh Swines grease, lay it as hot as she may suffer it, to the secret place.

For a Tetter.

SEeth Oats in water, and where the Tetter is, hold over the reek thereof, as hot as may be, laying a cloth over it, to keep in the reek, so that
the

A Closer for Ladies

the cloth do not touch the Tetter : use this five times morning and evening.

To make a Sear-cloth for an Ach that is newly come.

TAke Boors grease, and Champhire, and wax, and boyl them altogether, and so make a Sear-cloth thereof, and lay it to the grief.

For a Fellon or a Handcome.

You must take Herb grace, rusty Bacon, fowr Leaven, and Snails that be with shells on their backs, taking them out of their shells ; and beat all these together, and lay it to the grief.

For to heal any if they be scalded with hot liquor.

You must take Alehoof & Avens, Sheeps suet and Sheeps dung, & Goose dung, & when you have washed the Herbs, break them altogether a little, and so fry them together, & then strain it, and make a Plaister thereof, and lay it to the grief : warm it a little when

when you lay it to, laying new plaisters to it twice a day : you may take the juice of Houfleeck, and Sallet oyl, and water, and beat them together, & wash the grief before you use this Plaister.

A Medicine for the whites.

OF new Milk of a red Cow take a quart, ten spoonfulls of red Rote-water, a Pomgranet pill beaten, and a little Cinnamon beaten, and seeth it half away : sweeten it with Sugar, and drink a draught morning and evening, and two whites of Eggs beaten.

A Medicine for them that are given to bleeding.

MAke a Posset, take off the curd, and take Liver-wort, and beat it, and put the juice thereof into the Posset drink, and drink it morning and evening warm.

For the heat in the Kidnies.

WIpe Houfleeck and Plantane with a cloth, but not wash them

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them, and put to the juice thereof, red Rose-water, and Wine-Vinogar, and Womans Milk, and take the Herbs & put them into cloths, and tye the cloths with thred like a couple of balls; and you must (when you doe use it) have one to doe it for you in the morning when you are in your Bed: and the party must take the balls, and dip them in this liquor, and so bath your Kidnies; and as soon as one of the balls is hot with doing of them, take the other, and so use it an hour every morning.

A Medicine for the Stone.

Pellitory of the wall, Smallage, Hollihockes, Mallowes, Tanfic and Saxifrage, of each take a handfull: chop them small, and quilt them in a little linnen Bag: then take three pints of Cream, half a pint of Malmfic, a quarrer of a pint of running water, and set them on the fire; and when it doth seeth, then put the Bag of Herbs into the pot, and when the Bag is thoroughly hot, wring it between two trenchers

chers over the pot to save the liquor ; then lay the bag to the grief as hot as you may suffer it ; and as soon as it cooleth, make it hot again in the same liquor, and so apply it to the grief.

For the Worms.

OF Basill mints take a handfull, and a handfull of Lavender Cotton, as much of Woormwood, Peach leaves as much, Featherfue a handfull, of unfer Leeks a handfull ; boyle them together in three spoonfulls of Wine-Vinegar, and of his own water as much, and quilt them in a Bag, and so lay it warm between his Navill and his Stomack.

To heal a sore Breast that comes with the infection of the Milk.

SEech Mallows and Saffron in Milk, and when it hath sodden a good while, put in some crums of leaven bread, and boyl them well together ; and a little before you take it up, put some sallet oyle into it : you must let it

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it boyle till it come to a Poultis, and ſo lay it warme to your Breſt : if you perceiue that this will not help your breſt without it be broke, you muſt roaſt a Lilly root, and lay it to your Breſt where you will haue it break ; and when it is broken, you muſt rent it with Leaven & Milk ſodden thicke together, and make a Plaiſter thereof, and lay it to the place where it is broken : you muſt dreſſe it twice a day, laying the Poultis all about your Breſt, fitting the place that the Plaiſter lyes on : you muſt dreſſe it both with new Poultis and a new Plaiſter twice every day, till it begin to heal, and then once a day is ſufficient.

To ſtanch the bleeding at the Noſe.

TAKE Bolarmineack and the white of an Egg, and Vinegar, and beat them together, and make Plaiſters thereof, and lay them to your Temples.

To

To stanch the bleeding of a wound.

Bruise unſet Hyſop a hule, and take the powder of the Bone that is to be found in a Capers head, and ſtrew the ſame powder on the Hyſop, and lay it to the wound.

Another for the ſame.

Lay Hogs dung hot from the Hog with Sugar, to the Wound.

For the weakneſſe in the Back.

Firſt take Clary and Dates, and the pith of An Ox, and put them together, & then put them to your Cream, and Eggs, and grated bread, and fry them together, and ſtrew Sugar on it, and eat it in the morning faſting, and you muſt put ſome white Sanders in it alſo when you temper it together.

For the wormes.

Drink Mares milk, as hot as you can have it from the Mare, in the morning faſting.

To

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*To know whether a child hath
the wormes or no.*

TAke a peece of white leather, & peck it full of holes with your knife, and rub it with worm-wood and spread hony on it, and strew the powder of Aloesackarina, and lay it on the Childs Navill when he goeth to bed, and if he have the Worms, the plaister wil stick fast; and if he have them not, it will fall off.

For one that is bruised with a fall.

BEat stone pitch, and drink it with white wine or sack, or Malmisie; and if you have none, then take some other liquor: then melt Parmacity, and anoint the place where the bruise is.

For the wind Colick.

Bruise Parsly seeds, and seeth them in Sack, and drink it warm when you have your pain.

For

For the Gout that is newly come.

GRate Rubarb, and mingle it with Conserve of red Roses, and eat thereof every morning fasting a pretty quantity.

A water to wash a Sore.

TAke of plantane, and wood-bine leaves, and white Roses, and still them together, and when the water is stilled, put a quantity of Camphire into it, and so let it lye in the water continually.

For the shrinking of the sinewes.

First take the Marrow of a horse bone, and the crops of Elders, and as much of Sage, & chop them together, and boil them in the Marrow, and then strain out the herbs, and put to the liquor one spoonfull of hony, two spoonfulls of Aqua composita, and a quantity of pepper, and boil it again, and keep it for your use.

For

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For the Piles.

OF Ragwort take a quantity, and a quantity of ground Ivie, and the marrow of the hinder leg of a Burlock, and beat the marrow and the herbs together, and boil them on a soft fire, and strain them, and keep it for your use.

A salve to take dead flesh out of a sore.

OF Vinegar take a spoonfull, and a spoonfull of Hony, and a quantity of Verdigreace, and as much Alome, and boil all these together, and keep it for your use.

For the staying of the Flux.

TAke a new layd Eg, and take off a little of the top of it, and poure out a little of the white, and fill up the Egg, with Aqua Composita, and stir it together, and roast it, and sup up the Eg in the morning fasting: till you be well use this.

Anno.

Another for the same.

MAke Rice pottage with almond-milk: you must not blanch the Almonds; and make little balls of Virgin wax: make them lesse than Pease, and when you doe eat of the Pottage, take three or four of the Balls, and put them in every spoonfull as you doe eat it.

For the Gowt.

PUt into an earthen pot, a quart of Aqua Composita, and take two handfulls of Henbane, and break it, & put it into it, and set the pot in the earth all the moneth of May, and it will come to an Oyle, and at the end of May, you must take it up, and keep it for your use: you must cover the pot very close when you set it in the ground; and when you anoint the grieve therewith you must doe it against the fire.

For

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For the Piles.

TAke Marlemasse beef, and dry it, and beat it to powder, and then put it into a Chafindish of coals, and set it in a chair, and sit over it.

For an Ague.

IF it be for a child, take two Spoonfulls of good Ale, and seeth it, and scum it, and one Spoonfull of the sirup of Roses, and let them drink it lukewarm; if for an old body, then take three Spoonfulls of good Ale, and two Spoonfulls of the sirup of Roses.

To make a fresh Cheese.

OF new Milk take a quantity, and set it on the fire, and let it boyl; and take half a dozen yolks of Eggs, and beat them, and stir them in the Milk on the fire: then take it off the fire, and keep it stirred till it be lukewarm; and then put runner into it, and stir it, and let it stand till it be gathered together, and take up the
Curd

Curd, and put into it Cinamon and Ginger, and stirr it about and make dishes of it, as you think good.

A Medicine for a Pestilent Ague, or to drive any thing from the heart.

MAke a Posset with white-Wine, and take away the Curd, and take horse dung of a stone horse, as hot as you can get it from the horse, and strain it with the Posset drink, and put a little Mithridate, and Cardus-Benedictus water, and Unicorns horn, and if you have no Unicorns horne, then put Ivory, or Sea-horse tooth, and give it to the sick to drink fasting in the morning, warming it; and you must put the Unicorns horn into the spoon, & rake it with some of the Posset-drink, & so drink the posset presently after it, and use this two or three mornings.

A Medicine for the sorenes in the throat that cometh with the Rhome.

OF Hony suckle water take half a pint, and two Jewes ears, of
E Plantane

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Plantane and Sickfield half a handfull, and a few Columbine leaves: these must be sod with as much white Sugar-Candy as will bring the liquor to a Sirup: you must put in a little Howel, Cinamon, & so take it in the morning, and in the evening, and at such time as your throat is dry.

*Another for the falling of the Eyalow,
or other pain in the throat.*

OF red Sage take a handfull, a spoonfull of Dill-seed, a peece of Leaven: boyl these in a little new Milk till it be thick; then lay it on four fine cloths, & lay one cloth to the nape of the neck, & another to the throat, and to each temple one, and bind the cloths, and doe this as often as need shall require: for it hath been proved.

A Salve for a green wound.

OF Rosin take a pound, half a pound of Wax, four ounces of old Swines grease: one ounce of Verdigrease: boyl them all together
the 1

ther upon a soft fire, and strain them.

*A Water to heal all sores in
Leggs, and ulcers.*

YOU must take a pound of Roch-
Allom, four ounces of green Co-
peras ; beat them somewhat small, and
put them in a Pan on the fire, ever stir-
ing them till they be molten and dry-
ed again, ready to be powdred, & beat
them again in fine powder, and keep
them to your use. When you will make
your water, set a pottle of fair Con-
duit water over the fire till it boyleth
fast ; then take it away, and as soon as
it leaveth boyling, cast abroad your
powder on the water, the which will
make it to boyl : as long as your wa-
ter riseth, so long cast your powder in ;
and when it leaves rising, and is black
in the bottom, then it is perfect : Then
if you see a dangerous sore Leg, first
cast your powder presently thereon,
and lay thereto three or four foltts of
linnen cloth wet in water, and roul it
up, do so till the Ulcer be clean.

A Closer for Ladies

A very good water for a sore Mouth.

First take of Conduit water a pint, one handfull of Hyssop, of white Wine and of Almonds a pound, of Roses three ounces : seeth them all together till the Herbs be tender : then take it from the fire and strain it, and keep it for your use. You must alwaies wash your mouth, and rub it after meat, and in the morning.

A Castle to break any swelling that is ready to break.

Commine, Hyssop and Quicklime, of each take a like quantity ; bray them in a Morter, till it be very fine : when you would open an Impostume, lay it as big as an hasel Nut upon the next place, and bind it very hard, and let it remain there four hours : then take it off, for it will make the place dead ; and then you may let out the matter without grief to the Patient.

A Catius

A Catius Plaister.

Lirage of Gold powdred very fine, Common oyl, Hogs grease, of each take a pound, white Coperas four ounces; put them altogether in a brazen-Pan, and seeth it over a very soft fire of coals, and try it continually untill it come to a body; and in the boyling you must cast into it one ounce of good Rose-water, or two, and now & then a spoonfull; and when it is come to a good body, take it off the fire, and stir it till it be cold, & ready to be made up in a roul, & then make it up.

To make Populier.

OF Populier buds take a Peck, of Hogs grease four pound; seeth them both together a quarter of an hour, and then take it off, and strain it; if it be too thin, put in a little wax.

Basilicon.

Pitch, Rosin, Wax, Sheeps suet
common Oyl, of each take a like
E 3 quantity;

A Closet for Ladies

city : beat those small, and put them in a brazen Pan, and melt them all together : then take them off the fire, and strain them thorow a course linnen cloth, for the Pitch will not be molten: this is good for all manner of sores; and when you will put in a Tent, mix it with the yolk of an Eg.

Maturacum Poultnies.

OF Onions, Garlick, Dow, Lillys roots take a like quantity : roast them all in a wet cloath under ashes, and then put them in a Morter, and beat them small : that is good for all Inu postumes to break them out.

A medicine to heal old sores.

PLantane, Bramble tops, Orpin, Bittony, Egremony, of each take a handfull : strain them and put thereto Rosin and Wax, of each a quarter of a pound ; fresh Hogges grease and sheeps suet, of each foure ounces; boil them altogether till the juice be confirmed : then strain it, and keep it to raise flesh

flesh, and heale old sores.

A plaister to heale old sores after they be made clean, and filled with flesh.

OF sallet oyle take halfe a pint, Lead a quarter of a pound; boill these till they be black, and keep them for your use.

To clean a sore, and take away the dead flesh.

TAke Woodbine flowers, white Roses, Plantane, and still them together; and when it is stilled, take six penniworth of Camphire, and put it into a quart of the water, and set it in the sunne for ten or twelve daies, and so wash the sore therewith.

A Medicine for a sore throat.

OF milk take a pint, half a handfull of Collumbine leaves, half a handfull of Gafell, and half a score leaves of Sinkfield, two Jewes eares, and so the party must use evening and morning, and gargase it in his throat.

A Closet for Ladies

*A Medicine that will heal any wound
or sore, and keep it without proud
flesh, or dead flesh.*

OF wax take half a pound, a quarter of a pound of sheeps suet, a quarter of a pound of resin, and a quarter of a pound of Turpentine, half a pint of faller oile, two handfulls of Bugle which growes in the Wood, a handfull of Smallage, a handfull of Mallows, a handfull of Valerin, a handfull of Grunsell, & a handfull of Balm: stamp and strain the herbs, and put the juice into the foresaid things being a while boiled; then seeth them together a quarter of an houre: then take it from the fire, and let it stand till it be cold; then take away the smallage from the bottom: then take some of your Balme-water, and put into it so much as will make it green, and let it boil together half a quarter of an hour, and so take it to your use.

A Gl

A Glister.

C Amomile, Bittony, Dill, Pel-
litory of the wall, Hysop, Rue,
of each take a handfull; boil these in
the broath of a sheeps head, till the
broth be very slippery; then take a
pint of the broth strained, and put two
of the Pils of Drabes, of each a crown
weight and a half; Diacatholice, Dia-
phenicon, of each half an ounce; Oyl
of Camomile, Oyl of Dill, of each an
ounce, a little salt, and a glister; if
you will have it breake wind, put into
the foresaid Commine-seed, Fennel-
seed, Anni-seed, of each bruised two
good handfulls, and boyl alltogether,
and strain it, and make it as aforesaid
and put in the glister.

*To take away the heat of a burn,
or out of a scald.*

Roast Eggs, as hard as a stone?
then take out the yolks of them?
then take a frying pan, and put in the
yolks of the hard Eggs, and so let it fry
E 5 till

A Clofes for Ladies

till it come to an oyl: then strain it, & annoynt the burn with it: then take a bladder, and annoynt it with Sallet-oyle, and lay it to the burn.

To make Another Glister.

TAKE running water, two handfulls of Camom, a handfull of Mallows, a handfull of Worm-wood, a handfull of Mercury, an ounce of Commine, two ounces of fennell-seeds, two ounces of Anniseeds: beat all your seeds, and set your Herbs a boyling, and strain them.

A Medicine for one that is broken.

YOU must take a quantity of Comfrey, a quantity of Kneehome, a quantity of Knotted Grasse, a quantity of Riberuorum, and a quantity of Polipody: stamp them all together, and strain them in Ale, and then give the Patient the same to drink cold, and trusse him up with some bolster, and let his dyet be but competent, eschewing all slippery meats, as butter, and such like:

lik : Provided alwayes, that the Patient keep his bed six or seven dayes, lying upon his back, and Sometimes hold his Belly with his hand.

To make a Poultis for a Swelling.

SEeth the crum of Manchester in milk till it be thick; then put in a peece of new Butter about the quantity of a Walnut, or somewhat more.

For the Rhume.

MAstick & Pellitory of Spain, cut in small peeces, of each take a little, and a like quantity; sew them in a little bag of linnen cloth: keep the bag in your mouth till the Pellitory & the Mastick be consumed, and spit in the mean time as much as you can.

For the Tooth Ache and the Rhume.

PUt a quantity of the Gum of Iyle into a little bag of Linnen: then wet your bagg in Aqua viue or Vinegar, and keep it in your mouth till the Gum of Iyle be consumed: hold the
bagg

A Closet for Ladies

bagg over or upon the hollow tooth.

A water for the Eyes.

First take a pint of white Wine : then heat a stone called Lapis Calaminaris red hot, nine or ten times in the fire, and quench it every time in the Wine : the last time you quench your stone; stir it about in the Wine: then keep your water in a cleane glasse, and let it stand, use to put in your Eye one drop or two, morning and evening.

For the Eyes

TAke Rosmary, Honfleeke, red-Fennel, and roast an Egge, and take out the yolk : beat these herbs together and strain them.

For the Pain in the head.

First take of the best Sallet-oyle you can get, and the flowers of wild Primroses, and put them into the oyle, and then set it on the fire, and let it boyle half an hour very softly; then put it in a glasse, and set it in the Sun three weeks.

weeks, and then rub your temples evening and morning. E. C.

A Gargas for to purge the head.

OF Wine-Vinegar take a pint & a half; Mustard-seeds, Ginger, Cloves, Nutmegs, Pellitory-roots, about the quantity of one ounce: when they are beaten put it into the liquor, and stir them together for the space of a week: then Gargasse it every morning before you use the oyl to your head.

For a Pin and a web.

Rub the Oyl compacted of the bone of a Gooses wing, in the palm of your hand, that no shivers of the bone doe stick in it, and put it in with the point of a pin: for the bignesse of a pins head is enough at once.

For a Swelling.

BOyl Barrows-grease, and Sothernwood, and Aqua-vivæ together; and when you have boyled them, strain them in a Pan;

For

A Closet for Ladies

For a bone ache.

OF Camomile take two or three handfulls, a quarter of a pound of Sheeps suet chopt small, a peece of stone pitch of the quantity of a Walnut, and a peece of leavened bread in it crumbled very small; boil it in your own water, till it be very thick, that you may spread it upon a cloth like a Plaister, and lay it on the place where the ache is for four and twenty hours, and so dresse it three times. If you doe it will take away the Ache.

A Medicine to heal an old sore or a new.

MElte a quarter of a pound of Rosin in a Pan till it hath left cracking, and then take halfe as much Wax, and a litle Turpentine, and Sheeps suet chopt small, and a spoonfull of oyl Olive, and boyl them altogether, and when you have done so, strain them in a payl of water, and make it up even as you will occupy it, and draw your Plaisters thin, and dresse it

it three times a day, that is to say, at morning, noon and evening, till it be almost whole; then dresse it but twice a day, morning and evening: But if there be any core that hinders the healing of it, take a little Mercury, & put it in two Spoonfulls of water; and when the Mercury is melted in the water, and congealed together, take a feather, and drop in two or three drops, and lay a Plaister upon the wound, and it will bring forth the core.

For an Andcome.

PUt half a dozen knots of a young Oake into a fine Pan, and burn them to a red coal, and take Bores grease, and fine suet, and two or three corns of Salt, and stamp them very fine, and so make a Plaister of it, and if it doe draw and heal to fast, lay Linc underneath the salve: you must dresse it twice in the Winter dayes, and thrice in the Summer dayes.

A Closet for Ladies

The Copy of Doctor Stephens Water.

First take a gallon of the best Gascoyn Wine; then take Ginger, Gallingale, Cinamon, Nutmegs, Grains, Cloves, Anniseeds, Fennell-seeds, Carroway-seeds, of each of them a dram weight: then take wild Time, Hyfop, Lavender, Sage, Mints, red Roses, Garden Time, Pellitory of the wall, and Rosemary, of each of them one good handfull, and bray the Herbs very small, and stamp the Spices all together very small: put all together into the Wine, and close it fast twelve hours, and stir it divers times: then still it in a Limbeck, and keep the first water, for it is the best; and then keep the second, for it is good, but not so good as the first. E. C.

A dram weight of the seed of Collum-bine, bruised with half a penny weight of Saffron drunken with Wine, is good for the Janders: then goe to bed & provoke sweat: the flowers distilled are good for the same purpose, & against swoonings.

Pimpinell.

Pimpinell.

THis Herb is good against the Pestilence, to be taken fasting in the morning ; and good against the Stone : The roots sodden, conditioned in Sugar, may profit them that have cold Stomacks, and are troubled with too much Fleam, the Cholick, and Stone. This root, any way taken, is good against poyson.

Mouſear is hot and dry, ſome uſe to give the juice of this common Mouſear to hinder the cold of a quartan Ague. Some uſe to gather the roots in May, and dry it, and give it to them that are broken. It is good for the bloody Flix ; The great ſcowering of the Mother, For worms, both outward and inward ; Common Flixes ; For vomiting of choller ; Spetting of blood ; And Burſting ; And eſpecially for breaking of the Brain-pan.

The juice of Coſtemary drunken, killeth both ſmall and great Worms in the Belly. It is good for a cold Mother.

A Closer for Ladies

ther. It strengthens the Stomack, whether it be drunken, or laid to; And stayeth vomiting. The Herb of this nature, whether it be strewed, or else perfume made thereof, drives away Serpents; & is good against their poyson: And it helpeth and strengthneth the head.

To take out the heat of a Burn.

BOyl the fat of Hogs gues, and Sheeps triules, and put them in a Pot: this will heal the patty, & take out the fire, and will keep good a whole year. This hath been proved.

To take the heat out of the face.

Put Elder flowers, Plantane, white Daylie-roots, and herb Robert into running water, and wash your face morning and evening therewith.

A Medicine for a Canker in ones Mouth. Proved.

First take running water, and a handfull of Woodbine leaves, a handfull of Bramble leaves, a handfull
of

of Columbine leaves, a little Rosmary,
& boyl them together till half the wa-
ter be wasted then put in two or three
spoonfulls of hony, a peece of Roch-
Allom, three or four spoonfulls of wine
vinegar, and wash your mouth with
the sodden herbs thereof three or four
times every day.

The Diet Drink.

First buy a dyer pot of the common
sort, such a one as will cost eight
pence or ten pence: then put into it
half a pound of Liquorice scraped
and bruised, half a pound of Anni-
seeds bruised, three quatters of a pound
of Lignum vitæ bought at the Tur-
ners, and one ounce of the bark of the
same wood, which is to be bought at
the Apothecaries, half a pound of
Raisins of the Sunn, the stones take
out, a good handfull of Scabiaz, an
ounce of Chiny, two ounces of Soly-
prilla, a quantity of white wine: then
fill up your pot with fair water, sa-
ving a pint: then cover your pot with
his

A Closet for Ladies

his cover, and close it round about the brim with paste; then set it on a soft fire with coales, and let it boyl three hours, till the fourth part be wasted: then put the clearest in bottles, and drink morning and evening a good draught, and so doe fourteen or fifteen dayes.

If you put a little of the wood into the fire, & there fry out of it like oyl, then you shall be sure it is good.

For the Head-ache.

VErvine, Bittony, Camomile roots, Lettuce, Checmere, of each sort take two handfulls, dried Roses, put them to powder of Nutmegs, boyl this in white wine; then take out the herbs: and fry them in Oyl-olive, and strain them in a cloth, and make an oynment thereof, and therewith anoint the head.

To make the Rhume-Medicine.

First take five quarts of Hyssop water: it must be stilled when the Hyssop beareth flowers; and one pound
of

of English Liquorice cleane scraped,
and cut in little peeces:bruiſe them, and
then put it to the water, and boile them
till half be conſumed away: then ſtrain
it in ſhallow pans, and ſet it in the
Sunn, and ſtirr it now and then, and
ſometimes ſet it over the fire till you ſee
it wax black, but doe not boyle it; and
it will wax ſtiff with ſtanding in the
Sunn, that you may make it in little
cakes,

A ſalve for a Cut.

W Ax and Roſin, of each take
four ounces, Deeres ſuet ſix
ounces: ſtamp and ſtrain Valerian and
take the juice as much as you think
will make the ſalve look green, and
boyle them together till it come to a
ſalve.

*A medicine for the ſtopping of the Li-
ver, very good for them that have
the Jaunders.*

P Arſly-roots, Fennell-roots, Al-
perigon roots, kneecham-roots
Succory-

A Closet for Ladies.

Succory-roots, of each take the weight of half a crown in silver, of Dock-roots, the weight of twelve pence, a little Liquorice, half a handfull of Raisins of the Sun stoned: boyl these in 3 pints of water to a quart, and make Almond milk with the liquor, and take two parts of sweet Almonds, and one part of biter: sweeten it with sugar, or else with Syrup of Succory, and drink a draught three mornings together, fasting three hours after it, use this every moneth; you may put in Barly husked, and Saxifrage, Maiden-hair and Liverword.

For the wormes.

Give the powder of Coralina, to the weight of three pence in silver, in the water of Couch-grasse.

A Medicine for a quartan or a tertian Ague.

Take the Herbs and roots called Harts-horn, Plantain and Orpin, & beat them with a little white wine and

and a little bay salt, and so lay it on a cloth upon your wrist, but be sure it lye on the places on both arms, changing it every twenty four hours: be sure also, that you lay it two hours before the fit cometh, and hang nine roots of the Harts-horn about your neck in a silk bag, so that it may lye upon the hollow of your stomach, and let it hang till your Ague be gone. You must not wash neither herbs nor roots; and you may take the roots when you cannot get the herbs, and use them so.

For the Canker in the Mouth, or Rawnesse; or in the lower part of the woe.

Red Fennell, red Sage, Hyssop, Herb grace, Rosemary, Honey suckle leaves, Fetherfue, and Daylie leaves, of each take a little quantity, in all two handfulls; boyl these in a quart of running water till it come to a pint; strain it & let it stand untill it be clear, and put therein a spoonfull of English Honey, and as much Roch-Allom beaten, as the bignesse of a Bean, and

and boyl it together; you must take off the scum as it doth arise: when it is boyled put it into a glasse & keep it for your use; you must warm it when you take it.

A good Medicine for an Andicome, or a Botch, or a sore Breast, or Carbuncle, to ripe or break them.

YOU must take a quantity of herb Grace, a quantity of leavened bread well crummed, half a spoonfull of Sallet oyl or Capons grease; boyl these in good Ale grounds, and keep it with stirring till it be thick; and when you use it, lay it upon a cloth warm to the griet. This Medicine will dissolve a breast without breaking it, unless it need breaking: you must change it every day once.

A good Salve to heal it when it is broken.

OF Boars grease take a quantity, Wax and Rosin, of each a like quantity; you must serape the Wax, and

and beat the Robin, and boyl them to-
gether till they be melted; then take
Lapis Callaminaris, and Redd Allom,
as much as a Bean of each, and beat
them together; then take a Spoonfull
of English Hony, and put them toge-
ther, and boyl them again; and when
it is well boyled, poure it into cold wa-
ter, and make it up in roulds, and keep
it for your use.

A Medicince for a Bruise.

Beat a quantity of Stone Pitch
finely to Powder, and take as
much gray Sope, and boyl them to-
gether, with stirring till it be boyled;
then take it off the fire, and let it cool,
and then spread it upon a cloth, and
lay it to the grief; but it must not be
thorow cold, for then it will not
spread; and if one doe feel heat in
then lay on another cloth spread with
the same.

Without the Oyl.

A Closet for Babies

*An Ointment for an Ague-fore, on
the upper part, and for swellings.*

Cut off the root sides of a Bryony
root very thin: some do call it
wild-vine, slice it, and lay it all night
in a pint of fallet-oyl, and then boyl
it, strain it, and keep it for your use:
for this is good to anoynt any Ague-
fore, or any other swelling. Then take
half a pint of fallet oyl, and as much
read-lead as you can buy for two pence,
and boill them together, and keep it stir-
ring till it look black: then take as ma-
ny cleaths as you think will drink up
the oyl and the lead, and then coole
it, and keep it for your use.

This Oyl and Lead is good for A-
gue fores and other fores. Remember
to anoint the fores with the ointment a-
foresaid first, and then lay on the Scar
cloth, doing this twice a day till the fore
be whol: And for swelling, you must use
the Briony roots and the Oyl only,
without the Oyl and Lead.

An

*An approved good Medicine for
the Tooth-ache.*

YOU must take Rose water, either
Red or Damask, take yellow wax
a quantity, & fresh butter, of either an
equall quantity, and mingle them toge-
ther in a dish upon the coals, and then
take a linnen cloth, and dip it therein,
and lay it to that side of your jaw where
you are grieved, as hot as you can suffer
it, the hotter the better.

A Medicine for the bloody-Flux.

OF cheat-head take two toasts,
and roast them, and two Eggs,
& roast them hard, and take the yolks
of them, and the liver of a Chick, and
beat all this together small: then put
all this into a pint of Charn-milk:
then take halfe an ounce of Cinnamon:
beat it small, & put it in the Medicine
and then take of it evening and mor-
ning fasting, for so it most availeth
you: but if your stomack be weak,
then put in some sugar to sweeten it.

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For the Pin or web in the Eye.

TAke the juice of Parsly, and half
as much Hony, and with a feather
drop it in the Eye, and after if you must
put in some powder of white sugar Candy
you must dresse it thus very often.

*For to take the Ague out of any place
where it doth fall.*

Mingle a pretty quantity of Suc-
cory with some Beares grease, &
spread upon a cloth, and warm it a-
gainst the fire and lay it to the place.

A Medicine for a green Wound.

WAsh a quantity of Venice
Turpentine in fair water
till it be white, then take a Plaister
thereof, & lay it to the Wound till it be
drawn: then take the yolk of a new laid
Eg, and add thereto a small quantity of
fine wheat flower, and a little fresh But-
ter, and mingle them together, and lay
a Plaister thereof unto the Wound af-
ter it is drawn with the Turpentine.

Another

Another Medicine to be taken inwardly
for a green wound, to be taken in Ale
or beer: it is likewise good for the
shutting of a bone broken or cut,
either for Man or Beast.

Take an Herb called Bonwort, and
take of the juice thereof three or
four spoonfulls, or more, according to
the stomach of the party that is hurt;
take the same quantity and drink it ei-
ther in the Milk, or as before is written,
three or four severall mornings fasting,
or oftner if you will, and it will free
the party. When the Herb is not to
be gotten, then you may use the root,
and it will avail as much.

If the Wound be but little, either
this drink, or the Medicine before
written will help it: but if it be great,
you must use both together.

For to heal wounds and Sores.

Rosin and Frankincense of each
take four ounces, of white Wax
and Olibanum, of each three ounces;

A Closet for Ladies

Harts suet and Mastick, of each an ounce; Venice Turpentine half an ounce; White wine a pint; melt the Rosin, the Frankincense, and the Harts suet together: then strain it in a Pan, and put thereto all the white Wax, the Olibanum, and the Mastick made in to powder, and the white Wine: boyl all together till the Wine be consumed: then take it from the fire and stir it till it be almost cold: then put in the Turpentine, & make it in a rool, and keep it in Parchment or Leather.

Another.

C Alamint and Pennyroll, of each take a like quantity; Nigella-Romana seed a little bruised; French crowweight: Boyl all these in posset-drink made of white Wine and Ale: A good draught evening and morning you must drink.

A Medi-

*A Medicine for the head-burning that
long time hath been.*

Mingle a quantity, of the Gaul
of a Hare, and as much Hony,
together a good while, till it turn red,
and with it annoint the fore-head, and
all the skin shall bee taken away.
This is a precious Oynment.

*For to set a Bone, or heal a broken
Bone in Man or Beast.*

BOyl the juice of Comfrey roots,
and wild Daffie roots with Tur-
pentine and yellow Wax, and make a
flat Plaister thereof, and lay it to the
grief, and set splinters about it, and
rowl it to keep it stiff, once in five
dayes untill it be whole: you must
drink the juice of the roots nine dayes
in some liquor, either to man or beast,
when you use the Plaister.

For the Piles.

TAke new Milk, and thicken it
with Oat-meal finely sifted thro-

row a Sive, and let it seeth till you make it up like Suppositaries: then take it up, and cut off the outside of a race of Ginger, and grate it, and mingle it together, and some of it make into a Plaster, and the rest make like Suppositaries, and put them up as you doe Suppositaries: then lay a Plaster on the place, and use this till you be whole.

A Medicine for a Rapture

in old or young.

K Notwort, Ribwort & Comfrey, of each take a like quantity; wash them and dry them, and set them in the Oven when the bread is drawn that so they may be dry: then beat them to powder; then searce them finely thiorow a Searce or Sive; and look what quantity you take of the herbs when they be dryed, take half so much Annised, and beat them with the powder of the herbs and searce them; and thus having made the powder ready; when you will use it, take
as

as much of the powder as you can lay,
or take upon a good broad sixpence,
and fourteen mornings together give
it to the party to drink with a little
Malmsey fasting, and annoint the
place with Oyle of Spike ming-
led with any other things, and also
take such herbs as you make your pow-
der of, and seeth them in fair running
water untill they be tender, wringing
the water out of them; and apply them
to the place as hot as the party can
suffer it, and let not the trusse be too
strait, lest it force the place to rent
further. Take the herbs to make the
powder within May, when the chief
strength is in them. The Knorwort
bears a little wacher flower. This
hath been proved on Children so
born, and on old folks that have been
four and twenty years broken, and
doth help all sorts (that use it or-
derly, and doe not abuse themselves)
through the grace of God.

For the same purpose. For the same purpose. For the same purpose.

A Chapter for Ladies

*A Medicine to be used during all the
time of the Plague; good
against Infection.*

OF white Wine Vinogar take a
pint, and half a pint of Jene
Treble, and a quantity of Bole-armo-
niack, otherwise called Bolles yeins,
and stir all these together, and take
three spoonfulls in the morning fast-
ing, and fast an hour after it, and take
three spoonfulls an hour after supper.

Another Medicine for pain in the head.

Seech leaves of Agrimony with
Hony, and give them to drink,
draw it thorow a cloth and keep it in
a box, and therewith anoint your head,
& wash your head with the water that
Celandine is sodden in.

For the aking of the head

Seech Pulioill in Ay Gill, and then
put it in thy noses. Take Rue and
Fennell, and seech them together in wa-
ter, and wash therewith the head.

For

*For a fellon of the head, that swelleth
the head of a man: and that before
written is for the same.*

S Tamp the grease of an Hart, and
Hony, and Barly meal, and Over-
rest, & Moycell together; and after
shave thy head, then make a plaister,
and lay it to thy head as hot as you may
suffer it, and let it ly till it be whol.

For all Evils of the head.

S Tamp Rue with strong Ay Gill;
smingle it, and wash the head
therewith.

*For the Carbuncle or the Pockume
in the head.*

W Ormwood, Origanum, and
Mayron take of each by e-
ven proportion, and seeth them in sweet
wine, and after that wring out the
juice, and lay it to the ears of the sick,
with two sponges, as hot as he may suf-
fer it; use this two or three times, and
he shall be whol.

For

A Clove for Ladies

*For the Migraine, Poffume, Droppe
Fever, and all manner of
akings in the head.*

OF the root called Pollicory of
Spain, take a penny weight six
penny weight of Spicardiy, and grind
them together, and seeth them in
good Vinegar, and take a Saucer full
of Hony, and five of Mustard; and
when the Liquor that is boyled,
is cold, put thereto the Hony and
the Mustard, and stirr them well to-
gether, and let the sick use thereof
half a spoonfull at once, and hold it
still in his mouth, the space of two
creeds saying, and then spet it out in-
to a vessell, and doe so ten or twelve
times; a good while after hee hath
eaten at noon, and a little before e-
ven, ten or twelve times; and when
he goes to bed, take and wash clean
his mouth, and drink a draught, and
goe to bed: use the medicine three
dayes and he shall be whole.

For

For the Head ache.

S Eeth Vervine and Bitony, Siffes
& Wormwood; wash the parties
head with the water thrice in the week,
and take the herbs, and make a Plaister,
and lay it upon the upper part of the
head on this wise.

Take the herbs aforesaid when they
are well sodden, and wring out the
juice of them, and then stamp them
in a mortar, & temper them with the
water wherewith they were sodden, &
put thereto the bran of wheat: for
to hold the juice of the herbs, that it
goe not out, and make a garland of
linnen that may goe about the head,
and bind the plaister under it as hot
as the sick may suffer it: doe this
three times, and he shall be whol.

Another.

C Loves comfort the stomak, liver
and heart, they help digestion,
and stop the belly: they quicken the
eye-sight, and scower away the clouds
and

A Clove for Ladies

and hawes of the eyes : they are good against all cold diseases, and they are hot in the third degree. The oyl of Cloves is very good for a cold stomack, and for any other place that hath need of warming- as a rheumatick brain.

Another.

OF the Lirrage of Lead take four ounces ; of Vinegar, common Oyl, a like quantity ; Put the Lirrage in a Mortar, and put a little of the Vinegar, and a little of the Oyl, and beat them together, and so put in by little & little all your oyl and vinegar : you must beat them two hours together ; it must be as thick as your green salve.

Another.

CAmphory, Hearts-ease, Privine, Planrane, of each of them take a handfull ; bruise these in a Mortar, and put thereto Harts suet, fine Saller, Oyl, of each dim. li. mingle them well together, and let them stand four and twenty

twenty hours ; then put them into a Pan or brasse Pot, and put thereto Wax and Rosin broken in small peeces of each dim. lib. let these boyl all together over a fire of coals, till the juice of the herbs be consumed, & the Oymment green; then strain it thorow a canvas cloth into some pot that you will keep it in, and when it begins to be cold, then put thereto four ounces of Venice serpentine, stir all together untill it be thorow cold, and keep it close covered.

Another.

THe Wine of Eye bright is made for the eyes, by putting the herbs into the Must till it be perfect Wine, whose use makes the eyes of old men look young : for it is hot and dry ; and the powder of it beaten with the yolk of an Egg worketh the same effect ; the powder received in Wine, if the Wine be too strong, put in Fennell-water or Sugar.

Medi-

A Glasse for Ladies

*A Medicine against the stone in the back
or bladder, or for the weaknesse of
the back, which is called the
running of the Reines.*

W Ash Venice Turpentine in
Rose-water, either red or
damask, untill it look white; then di-
vide it into small balls, as you may
easily swallow, to the full quantity of
three Hefell nuts, or thereabout; then
roul them in Sugar, to make them the
more easie to be taken: then swallow
them in the morning fasting, and fast
four hours after them. Take these three
or four severall mornings together,
and in your water you shall find much
gravell.

*To take away the pockholes, or
any spot in the face.*

W Et a fine cloth in white
Rose-water, and let it all
night to freeze, and then lay it upon
your face till it be dry: also take three
Poppies, the reddest you can get, and quar-

quarter them, taking out the garbage; then still them in a quart of new milk of a red Cow, and with the water thereof wash your face.

To make Snow.

YOU must take the whites of five or six Eggs, and a handfull of fine Sugar, and as much Rose-water, and put them in a pottle of cream of the thickest you can get: beat them all together; as the Snow itself take it off with a spoon: you must beat it with a stick cloven in four; Then must you take a loaf of bread, and cut away the crust, and set it upright in a platter; then set a fair Rosemary branch in the loaf, and cast your Snow upon it with a spoon.

A Medicine for the Piles.

TAKE the herb called Torchwort; it groweth high, bearing a yellow flower blowing out of the stalk, the leaves look like hoar. Take the juice and boylix with fresh butter a little while, and

A Clofe for Ladies

and keep it close and use it evening & morning, if a Cows udder be stung or bit with a snake or such like, take Lavender and wash it clean, and seeth it in Chamber lye a good while, & wash it evening & morning warm: you may put a little fresh butter in it, and milk out the milk when you doe it.

A Medicine for a Cold, or a Burn, or a Sore. Approved.

Wash Waterfusk-leaves, otherwise called Hogwort-leaves, Allyhouse, Dasse roots leaves and all, and a little Rosemary; stamp them, and boyl them in Cream till it is Butter; then strain them, and apply it warm to the burn: prick the Waterfusk leaves and lay them upon it, dressing it twice; or thrice, a day, if need be. To heal a sore put Turpentine, Rosin, and Wax in it, dressing it with Lin.

For the Stiche

S Tinchwort, Bay-leaves, Holly without prickles, of each take a like

like quantity, the juice, grains beaten,
drink it in Ale warm.

For the Swelling.

B Oyl the grounds of good Ale,
Glovers shreds, and white bread
crums & Sage together; lay it to warm;
it will swage the swelling & the ache.
It hath been proved.

For the Teeth-ache.

Y Ou must take Organy that grow-
eth close to the ground, & tasteth
like Aqua vite; bruse it and lay it to the
tooth. Burs Bastor is will doe the like.

For a Bite, or Fellon, or sore Legg.

S Eeth a pint of Ale to two spoon-
fulls, like a Sirup: Prick a peece
of Leather with a pin: it will heal it
withour breaking. If it be broken, take
line to the hole with some salve; let
it ly four and twenty hours, lay it to
cold.

For

A Closet for Ladies

For the Scartbes of a horse leg.

B Oyl Vinegar, Mustard seed, and Gunpowder together : wash it hot three or four times. Proved.

For the Gout.

B Eat Mallows and Sengreen : and boyl them in water : then strain them, put Oatmeal groats soaked in Vinegar, and sheeps suet unfried : then boyl it to a poultice. Proved.

For the Ague.

T Ake a red Onion cut small, six and fifty graines of Pepper beaten small : bind it to the wrist half an hour before the fit. Proved.

For the Gout.

S Cald a fat Whelp of a Hound, like a Pig ; garbage it in the side : then take red Needles stamped with two ounces of Brimstone, four ounces of Torpentine, four yolks of egges ; stuff the belly, and sew it up : roast it with

with a soft fire; save the dripping, anoint the place; it is good for the sinewes and cramp; it will drive it away. For the like effect, Oyl, Nettles, white-wine; boyl them, apply them hot.

For the Sciatica.

B Oyl the gall of a Bull, and a quart of wort to a pint; then put in a pint of Vinegar, Frankincense one ounce in powder, of Honey half a pound, of Commin half a pound in powder; boyl it thickly spread it on leather, lay it too hot two or three dayes: lay a linnen cloth between the skin and the plaister; the plaister will serve many times. Proved.

For the Tooth Ach.

A Llom as big as a Wallnut, Garlicke an handfull: twenty Beans, an handfull of Bay salt, Pepper; beat it together; lay it to the wrist twenty four hours, or more.

For

A Chiefe for Ladys

For to stop the bleeding of a wound.

T He woodl of an Iokhorn, Sanguis draconis, & Bollarmontack, and the whites of eggs laid on too.

For a consumption either for old folks, young folks, or children.

L Ongwori, Liverwort, Ham
tongue, of each take a handfull,
red Maister, red Sage, Mother of Time, of
each a handfull, Parsly and Fennell
more, the pils out of each, half a
handfull, Liquorice an ounce, Ani-
son an ounce, Sceny two ounces,
Fennel an ounce, Cardus two ounces,
Cinnamon an ounce, Nutmegs
two ounces, white Sugar-candy four
ounces, Rubarb an ounce sliced:
stamp your spices; and your seeds,
and beat your other Apothecary
stuffe, and shred your herbe fine:
boyl it in three quarters of Rhenish-
wine to a poule; strain it; drink
four times a day a quarter of a pint at
a draught warm; put in a penworth
of

of Aqua viue, & as much saffron beaten
fine: after it is boyled, if the Patient be
laxative, leave out your Roubarb, Sceny
& Turbet, and boyl it in wort; it is best
in wort for Children; for aged folks that
be weak, boll in the stona of a Boar or a
Ram, or a Horse, it best, one stone is e-
nough for one time; you may take one to
purge, and another now to purge: the
second receit is enough; purge first.

To make one make water.

Beat the stones and kernells of
Peaches and Medlars fine, sift
them thorow a searce, put in Sugar,
drink it in, white Wine.

To make a Sear cloth.

Of stone Pitch take a pound, &
as much Rosin as a greas walnut, &
twice as much clean wax, a spoonfull of
fresh swines grease; boil all together till
it be well mixt, then cool it in water;
then oyl your hands with Hogs grease,
and labour it in your hands an hour &
more till it will cleave to your hands.

For

For

A Closet for Ladies

*For the same, and the best for all
manner of Aches.*

TAKE Rosin Dlm. Lib. of Perro-
son a quarter of a pound, as much
Gum mastick, a quarter of a pound of
Deers suet, two ounces of Turpentine,
one ounce of Cloves and Mace, of
Saffron two ounces, the liquor must
be oyl of Rosen.

*A soveraign Medicine for a
great Ache.*

OF Sparmachity take eight pen-
niworth, of oyl two drams, of
black Sope half a pound, of Butter
without salt as much as a great Walnur;
boyl it on a Chafindish of coals half an
hour, stirring it well from the bottom;
spread it on Leather, as broad & as long
as your grief; lay it to four or five dayes.

*To make a good Oymment, or
Salve for any sore.*

OF good Sager take a handfull, as
much of Plantane, as much of
Brown.

Brownwort, as much of Hony-suckles,
as much of Tursame, as much Valeri-
on; Boyl all these in May Butter till
it be brown; then strain it, and put in
a quantity of Virgin wax; then boyl
it again.

*A good Receipt for all manner of Sores,
old or new, named, The Gift of
God, praise bee to Him.*

B Ittony, Vervin, Pimpernel, Bugle,
Smallage, Plantane, Scabeas wa-
ter, Agrimony, of each take a like
quantity; stamp them together; boyl
them together in a gallon of white
wine to the third part; then strain them,
and put to them a quantity of Sheeps
fuet, and half a pound of Wax, dim. lib.
of Rosin, dim. lib. of Pitch, one lib. of
Olibinum, and boyl it again.

For Baggs in the Fundament.

T Ake the yolk of an Eg roasted
hard, the oyl of Roses & Mari-
gold leaves: beat it together, lay it to
hor.

G

To

A Closet for Ladies.

To kill a Tetter.

B Oyl green broom in a quart of running water half away; bathe it with it.

For the Pestilence.

T Ake the water of Bittony, Pimpernell, Turmentill, or Scabeas; mix it together, drink it nine dayes fasting, and fear no Pestilence.

For one that is taken within the Body, or any place.

H Ear Rose cakes, Aqua vitæ, and Rose water on a Chafindish of coals; lay it to the stomack: they shall mend by Gods grace.

For the Ague or Cold.

T Ake green Aldersticks; take the inner rinde a handful; bear them, drink it in Ale fasting, fast three hours waking after it; then eat a Caudle.

Another

Another for the Ague.

Mingle a spoonfull of the juice of Orenge, and as much Aqua vitae, with the yolk of a new laid Eg in the shell; sup it up fasting once or twice.

K. Henry the eight his perfume.

OF compound water take six spoonfulls, as much of Rose-water, a quarter of an ounce of fine Sugar, two graines of Musk, two graines of Amber-greece, two of Civet: boyl it softly together: all the house will smell of Cloves.

For the Strangurie.

OF Hore-hound take one handfull and a half, red wine half a pint, oil olive five spoonfulls: boyl it together; put it in a linnen cloth to the small of the back, as hot as may be.

To cleanse a wound.

TAke Beer, Wheat, stone flower, & Hony: boyl it thick, apply it to.

A Closet for Ladies

For the Gout.

B Oyl Worm-wood, Wall-wort
Wheaten bran, Cow-Jung, and
salc in vinegar; plaister it to the
grief.

For a bruise.

O F Saller-oyl take half a pint, as
much oyl of Roses, as much A-
qua-vitæ, and three or fourscore snails
that bear shels, stamp them small, and
boyl them to oyl.

To keep one Laxative.

P ut out the white of a new laid
Egge; then put in new butter un-
salted; heat it, then eat it, use it often.

Two

*Two remedies very good against Worms
in little Children.*

PUt the flower of Wheat well bouked
as much as will lye upon three
crownes of gold, into a glasse, and
poure into it Well-water, so much as
will steepe the said flower, and make
it looke as it were milke, and no thinner:
then give the child drink of it,
and you shall see with his excrements
the worms come forth dead, which is a
very good remedy.

The second remedy against the Worms.

FOr children that be so little that
the Medicine cannot be ministred
at the mouth, you must take very good
Aqua-vitæ, wherewith you must wash
or wet the stomack or brest of the
child: then poure it upon the said place
with the powder of fine myrrh and lay
the child down a little while with his
brest upward, and you shall see incontinently
the Worms, with the child's
dung, come forth dead.

A Closer for Ladies

To heal Children of the Lunatick disease, which hapneth unto them by reason of a Worm with two heads; that breedeth in their Bodies, the which Worm, coming to the heart, causeth such a passion in the Child, that oft times it kills them.

DRy the tender stalks of a Willing-tree in the shadow; then stamp them well, and sift them, and take of the said powder and roots of Gention, and long Pyome, of each of them a quarter of an ounce, and a quarter of an ounce of Myrrh: all these well beaten to powder you must put in a dish, or some other vessell, and moist them with a little water; then take of it with your two fingers, and wet the lips and mouth of the Child; doe this three or four times, and you shall see the Worm come forth dead with the excrements.

A Re-

A Remedy for the falling-sicknesse.

Gather Germander in May, when it is in the blossom, dry it in the shadow, and make it in powder; and when you will use it, take the yolk of an Egg or two, and stir and break it with a spoonfull of the said powder; then seeth it, and give it to the Patient to eat: doe this morning and evening eight dayes, abstaining from Wine, carnall company of women, from all Pulse, Beans, Pease, Fitches, Tares, and such other, from Sallats, salt Fish, and from other things that are hard of concoction and digestion: A very good and noteable secret.

*A Medicine to cure the biting of
all venomous Beasts.*

As soon as the party feeleth himselfe bitten with any venomous Beast, or as soon after as may be, take green leaves of a Fig-tree, and presse the milk of them three or four times into the wound. And for this serveth

A Closet for Ladies

also Mustard seed mingled with Vinegar.

*To draw an Arrow-head or other
iron out of a wound.*

WEt a rent in the juice of Valerian, and put it into the Wound, laying the same herb upon it stamped & then make your binder as best fitteth; and by this means you shall draw forth the iron, and after heal the Wound.

*For a knock or fall, causing a bump
upon the head.*

OF Bay-Salt take an ounce, raw Hony three ounces, Commin three ounces, Turpentine two ounces, mingle all these well upon the fire; then spread it upon a linnen cloth, and make thereof a Plaister, and lay it hot to his head; the which will assuage the swelling, and heal the hurt.

A secret

A secret Remedie against the Plurisie.

O Pen a white loafe new baked, in the middle, and spread it well with good Treacle on both parts, upon the crummie sides, and heat it at the fire : then lay one part upon the place of the disease, and the other part on the other side of his body directly ; and so bind them that they stirr not, leaving them so a day and a night, or untill the Impostume break ; and then take away the bread, and immediately the Patient will spit forth the putrifaction of the Impostume : and when he hath slept a little let him eat, and by Gods help he shall shortly be well.

A very good remedy for a wound with a sword, staffe, stone, or such like.

S Tamp Taxus Barbarus, and take the juice of it ; and if the Wound bleed, wipo it and make it clean, washing it with white Wine or water, then put the juice upon the Wound,

A Clofet for Ladies

and the Herbs upon it, out of the which you took the juice; then bind up the Wound, and in one day you shall see a wonderfull effect.

Against the disease or grief of the flank, and the Collick passion; experimented and proved divers times.

OF the juice of Barberries take half a glasse, or lesse, when they be very ripe and red; and put into it as much red Corall as will lie upon two groats, well broken into powder, and give the Patient to drink thereof.

Another perfect Remedy for the same disease; and to make a man pisse within half an hour, that hath not made water in three or four dayes; and will brake the Stone within ten or twelve dayes.

PUt a spoonfull of fine powder of Virga-Aurea into a new laid Egg soft roasted; and give the Patient thereof in the morning to his breakfast, and let him not eat in four hours after,

after, and then he shall make water in lesse than halfe an hour, and let him use this for the space of ten or twelve dayes as aforesaid: the Patient shall void the stone without any pain or grief.

A Remedy for the spetting of blood occasioned by the breach of some vein in the Breast.

TAke Mice dung beaten in powder, as much as will lie upon a groat, & put it into halfe a glasse full of juice of Plantane, with a little Sugar, and so give the Patient to drink thereof in the morning and evening: continuing the same he shall be sound.

Against the grief of the Lungs, and spetting of blood: a Remedy experimented and tryed.

YOU must take an herb called Furfara, or Tussilago at the Apothecaries, Ungula Caballina, in English called Colts foot; in French, *Pat de lion*: incorporate it well with the

A Closet for Ladies

the lard of a Hog chopped, and a new laid eg: boil all together in a pan; and give the Patient of it to eat nine mornings. This is also good to make one fat.

Against a sinking breath.

TAKE Rosemary leaves with the blossomes, if you can get them, and seeth them in white wine with a little myrrhe and Cinamon, and you shall finde a marvellous effect if you use it often in your mouth.

Against the biting of a mad dog, and the rage of madnesse that followeth the party bitten.

OF the blossoms, or flowres of wild thistles, dried in the shade, and beaten into powder, take half a nut shell full; put into white wine, and drink it, and in thrice taking it you shall be whol. A thing tried and experimented.

A medicine

A medicine for watry eyes.

You must take a red cole leaf & anoint the leaf with the white of an Egg; when you goe to bed lay the same to your eyes.

A medicine for sore eyes.

Strain a little ground Ivy and womans mike together, and let it be some what green of the Ivy, and then drop a drop or two into the eyes.

Another for the same.

Mingle Fennell water stilled, and hive Hony together; and put a drop or two into the eye. These are approved.

To make water for the eyes to kill the heat of any sore.

Boyle red Sage in Smiths water, till the third part be consumed; then strain out the Sage very hard, and put into it a quantity of the liquor, a peniworth of Allome, and as much

A Closet for Ladies

much of white Coperas, after you have taken it from the fire; and anoint your eyes therewith.

Another for the same.

B Oil the leaves of red Brambles, of Plantane and Hony suckles, in running water from a quart to a pint, and use it to the sore.

A medicine for the pin and web in the eye.

T Ake the white of an Egg being hor, take out the yolk cleane, & put thereto a good quantity of sugar-candy: then strain it hard thorow a cloth, and therewith make a water, and every day two or three times drop it into the eyes.

A medicine to clear the sight.

T Ake Red rose water, clean myrrh as much as a nut; break it into powder, and bind it in a linnen cloth, and let it lye in the water twelve houres: then take of this water, and
put

put it in your eyes, and it will clear your sight.

For a Pearl in the eye.

USe red Fennell, and the leaves & roots of white Daylies; without any liquor, and put together three spoonfulls of either of them: then take one good spoonfull of clarified Hony, and two or three spoonfulls of womans milk, and drop this into your eye three or four times a day: and if there be any sight in the eye, this will cure it.

For the eyes that are blasted.

MAke a toast of brown bread and lay it in red wine that is not mingled, and let it lye untill it be soaked half an hour; then put it into a fine cloth in two peeces, for each eye one: the fine cloth must be between the eye and the toast. Dresse it when you goe to bed at night.

A Closet for Ladies

To purge the Head and Eye-sight.

Put the juice of Hey hoo into your nostrills, and the steame and running water will follow.

For the Eyes that be red and sore.

Fennell, Vervine, Roses, Salendine and Rue, of each take two ounces, and distill all together : and when need is, then put a drop or two into the sore Eye : for it is good for all manner of diseases in the Eye.

Against the Pain of the Eyes

Roast an Egg hard, lay to the yolk of it with Rose oyl and Saffron : put in the juice of Basill,

For to see well.

EYe-bright and red Fennell, of each take half a handfull ; of Rue one quarter of a handfull. Cause these to be distilled, and wash your Eyes dayly with the water.

For

For the aking of the Legg.

Take a peece of fower Leaven, and as much Barm, and as much black Sope : temper them all together, and so spread it upon a linnen cloth, and put it to your Legg where the heat is, and change it twice a day; and by Gods help it will heal you in three or four dressings.

A Dyet drink for a Consumption.

Measure a gallon of running water by Ale measure, and put thereto an ounce of Cinamon, an ounce of Cloves, an ounce of Mace, a dram and a half of Acter-roots, and boyl it till it come to three quarts. Let this be your only drink till you doe amend.

A Medicine for the Head-ache.

Seeth a handfull of Rosemary, two handfulls of Bittony, and a spoonfull of Hony altogether in Malmſie; and wash your head therewith.

Another

A Closet for Ladies

Another for the Head-ache.

GRate five Nutmegs, and seeth them in Malmſie till they bee thick : make a Plaister thereof, and lay it to your temples.

For wind and ſhootings in your head.

BRay Egremony and Cinamon, put them in Ale, lay it to the temples of the head : and if the pain remove, lay it where the pain removeth.

Another for the Head-ache.

CHop a handfull of Camomile, a handfull of Penniriall, a handfull of Sage, & a handfull of Whear-bran all together small ; boyl them in a pint of ſharp Vinegar, till they be thick, and thereof make a Plaister, and lay it to the temples of the head as hot as you may ſuffer it, and it ſhall (by Gods help) doe you good.

Another

Another for the same.

Lay a peece of raw Beef on the nape of your neck, and shift it every night when you goe to Bed: use this as often as you see-good. Proved.

Another for the same.

Of oyl of Roses take an ounce, two ounces of white Vinegar, four ounces of Plantane-water: mix these together, and wet a linnen cloth in it, and lay it to the temples.

*A Medicine for the Megrims
in the head.*

Stamp Houfleeke & Garden worms together, the greater part being Houfleeke; and put thereto fine flower, and make a Plaister on a fine cloth, and lay it to the forehead and temples.

Another for the same.

Take Mustard-seed, and temper it with Vinegar: make an Oyntment

A Closet for Ladies

ment thereof, and lay it to the temples in a Plaister, & another in the nape of the neck behind, where it is not sore, & it will avoid, and shortly be whole:

A Medicine to keep up the Pallat of ones Mouth.

Lay a peece of wheaten Leaven, & Commine seed beaten in a mortar, a quantity of Bay-salt, and red Rose Vinegar, and red Rose water, put in a bag of cloth, to the mould of the head.

To dry up the Rhume in the Head.

Take a quantity of dried Rose leaves, the flower of Cammomile, Basill, Marjoram, all dried; a quantity of Cloves and Mace, grosse, bruised; a Nutmeg and a quantity of Dill-seed, all quile in a Cap.

*A Poultis to cool any place, either face
or any where else, that is red
and full of hot Pimples.*

Beat Houfleeck, Mallowes, Pursline, water Roses, called Numma,
rake

take the juice of them, and put a little oyl of Roses to them, and wash the place with it, or stamp the herbs till they bee thick like pap: then seeth it with a little Rose-oyl and Wax, and then you may lay it on as a plaister.

Against red pimples of the face.

OF Camphire take an ounce, as much brimstone, beaten myrrh, Frankincense, of each four drams, of Rosewater a pound; put all these in a glasse, and set it in the Sun ten daies, and then lay it on the places.

Another.

TAke the distilled water of Ash-tree, Tamaredis oft eaten, wine of strawberries laid upon the face.

Another.

Mix the distilled water of Mul-line, and a little Camphire together and lay it to the face.

A medicine

A Closet for Ladies

*A medicine for them that are deaf, so
that they have heard before.*

Mingle the juice of Bitrony, and
womans milk that hath a man
child together, and dip a peece of
black wooll in it, and put a peece of
it into your eare, for the space of ten
or eleven dayes or more: if it happen
that this will not take away the deaf-
nesse, then take the milk of a Cow,
and seeth it with Oatmeale and juice
of Bitrony, and lay it plaisterwise over
the ears, night and day for a long time.

To make an oyntment for a red face.

OF Camphire take half an ounce,
two drams of Sulphur-vivum,
and an ounce of Deers suet, melt the suet
and the Camphire together, then put
in the Brimstone, fine ground in a
morter, when the other is almost cold,
and set them no more over the fire af-
ter the Brimstone is put in. These
being laid on all night, will take a-
way the heat and the pimples.

Another

Another for the same.

PUt as much Mercury sublimare as a Bean, and twice as much Allome, into a quart of fair water; and boyl them together with two or three cornes of Bay salt, and bathe your face therewith often in a day with the same cold, and open the pimples with your fingers before you wash.

For a sore mouth.

OF white wine take a quart, a quart of water, a pint of wine vinegar, a good quantity of red Sage, two peniworth of Mercury, half an ounce of Roch Allome, a quantity of Rosemary, a greater quantity of Woodbine leaves, and three spoonfulls of Hony: seeth them together, and wash your mouth therewith.

A water for a Canker and a sore mouth.

TAke Rosemary crops, Sage, Singfield, Woodbine leaves, Allome, live Hony, or pure Hony, boyled

A Closet for Ladies

boyled in Spring water, half a handfull of each of the foresaid herbs boyled in three pintes of water, till they have boyled a third part away, and keep it in a glasse stopped, and wash your mouth with it.

For a Canker or sorenesse in the Mouth.

OF fine Coperas beaten to powder take two ounces, half a pint of fair water, and let the same Coperas be distilled, or steeped two dayes and two nights: then strain the same softly thorow a linnen cloth; then take a spoonfull thereof and wash your mouth and throat with it softly, blood warm, but drink none of it. This Medicine will not continue good above fourteen dayes; therefore you must make it fresh as occasion serves: you must take it morning and evening.

A Medicine for the Mother that riseth in a womans side.

TAke Aqua Composita, and beat Bay-berries in powder, and put it

it into thy Aqua Composita, and put a spoonfull or two in a draught of Beer or Ale and so drink it.

*A Medicine for the pricking of a needle
or Thorn in the joynt.*

You must take fair bolted flower of Wheat, and temper it with white or red Wine, a little oyle Olive, and a few Rose leaves : seeth them together till they be Plaister thick, and lay it too as hot as you can suffer it. It will draw forth the needle, and ease the ache.

*A Medicine for a Canker that
eateth mans flesh.*

Mingle Wheat bran of the smallest powder, the juice of Smalage, the juice of Wood-bine, burnt Allom beat into powder, and a little Hony all together, and make a Plaister of it, and lay it to the Sore, and it shall destroy the Canker.

H

For

A Closet for Ladies

For a Bruise.

Mix Commine-seed well beaten, and Virgin Wax together, and lay it to the sore Plaisterwise.

For a white Scall.

Beat Sallet oyl with the whites of Eggs till they be thorowly wrought together: Cut away the Hair, and so annoint the head, and lay a bladder upon it.

A Medicine against all Stitches.

Boyle Linseed in new Milk: make a Plaister thereof, and lay it to the grieved place.

A Medicine for a sore Brest.

Chop Groundsill small, and take the grounds of small Beer, Wheaten Bran, and Sheeps suet beaten in a Morter; boyle them all together, and lay it Plaisterwise to your Brest.

A Me-

A Medicine for Swelled Brefts.

Seech white Wine, Wheat Bran new bolted, and Rose leaves old and new, till they be thick : then lay it to the Brest as hot as she may suffer it, from even to morning ; and shift it again.

To break the steam of the Brest.

Hony, and Butter without salt, of each take a quantity ; fair bitter Almonds, blanch them, and beat them fine, and eat a little every day.

A very good Medicine for any Ache, or Sore Brest. Often proved.

FRankincense, fine wrought Wax, Beares grease, and Rosin, of each of them take a like quantity, and seeth them together to a cake ; spread it on a cloth as broad as the sore or pain is, and lay it to four and twenty hours, or twelve at the least.

H 2

A Closet for Ladies

An approved Medicine for a sore Brest.

S Eeth a handfull of Mallowes very soft in fair water, and then let the water run away from the Mallowes; then chop or shred them; then put them in a dish with Boars grease, and heat them very hot, and lay on a Plaster of linnen cloth to your Brest as hot as you can suffer, three or four times a day heating it. This hath been approved very good.

A Remedy for the pain of the Brest.

S Tamp Hyssop, Parsly, and Sage together, and lay them to the Brest; and it will bee whole.

Another for the stopping of the Brest.

S Eeth Rue with Alligant, and drink it three or four times.

A Medicine for the bloody Flux.

First take as much fine linnen cloth as will make a Suppository, being wrapped

wrapped together buttonwise : then wet the same in the best Aqua vitæ, or Aqua composita; and let the party grieved convey the same into his fundament, and it will help him by the grace of God, within three or four dressings. This is approved, and hath holpen many that have been brought low, and thought past cure.

Doctor Smiths Medicine for the Collick and Stone.

First take posset ale made of Renish wine, boyl Cammomile, running Time, Parsly, Pellitory of the wall, with a good spoonfull of Commin-seeds, till the third part and more be consumed : then strain them with Sugar sufficient : drink a good draught warm, and use it as occasion serves.

A medicine for the Chin-cough for a child.

First take Boars grease, and warm the soles of the feet to the fire : then chafe them with that, and goe to bed

A Closet for Ladies

bed, and keep it warm, and lap cloths to it.

To stay a Lask.

P Arch half a quarter of a pound of Almonds upon two new tiles ; beat them in a mortar, and take a quart of fair water, and set it on the fire, and put in half a handfull of knot grasse, and half a handfull of Plantane leaves, and let them seeth a good while ; then take the water, and strain the foresaid Almonds therewith, and make an Almond milk thereof, and put in a peece of sugar : then take Date stones, and beat them to powder as small as may be, and put some of that powder into the Almond milk : so drink it luke warm.

An excellent Medicine for a child that cannot part with his water or urine.

K Ill three or four hive Bees ; then dry them upon a hot slate being thorow dry, bruise them to small powder ; then put the powder into

* quart of small Ale, and give the sick to drink, and hee shall have present remedy.

*A medicine for the pain of swelling
in the stomack.*

A Pply a good quantity of Rosemary flowers boyled in white wine, as hot as may be suffered, to the stomack.

An approved medicine for the Spleen.

O F Claret Wine take a quart, a pint of oyl of olive, two good handfulls of Camomile being shred small: boyl the wine and Camomile together from a quart to a pint, and anoint the hardnesse of the spleen morning and evening therewith, and it will dissolve.

A medicine for a Fellon or Andcome.

S Tamp rusty Bacon, and Colewort leaves together; then take a peece of dogs leather prick full of holes, and spread it upon the leather,
H 4 laying

A Closet for Ladies

laying it to the sore twice a day ; and when it begins to heal, but once a day.

A Medicine for the Itch of the Body.

TAke sweet Buter, unwrought Wax, Vinegar, Brimstone, a little Rose-water, red Cloves whole : boile them together till they be like a Salve : then annoynt the flesh three sundry nights by the fire therewith, and no more.

A Medicine for the Canker in the Body.

Bear Bollarmonack, Rock-Allom, and Hony, to powder : take twice so much of the Allom as of the Bollarmonack, and stirr them together till they come to a salve, and so annoynt the sore.

A Medicine for the Heat or Ache in the Body or Leggs, or else where.

TAke red Deck-roots, and take out the over pith, and seeth them in running water, then draw the water from them, and beat it with thick cream, and

and so annoint the place that is grieved ; or with a cloth dipt in the same and laid over the place.

A Medicine good to cleanse the Body.

Lay Balm in white Wine till it be well steeped, and then distill it. The water thereof is good for any disease that is in the body ; But you must distill the Wine and all together, drinking a spoonfull or two in the morning. Proved.

A Medicine for a Fisula.

DRy Vervine upon a Tile, and make powder thereof, and make clean the sore with a linnen cloth, and fill the hole full of the powder.

A Remedy for one that Vomiteth.

DRink Coriander-seeds fine beaten in powder with mint water.

A Closet for Ladies

*To make a Sear cloth for all
manner of Aches.*

O Funwrought wax take a pound, half a pound of Rosin, two ounces of Frankincense, a pound and a half of Sheeps Suet, and boyl them all together, and strain them in a fair Bason; then put them on a Chafin-dish of coals, and dip a linnen cloth therein, and lay it to the Sore.

A medicine for the Ring-worm, or Tetter.

S Lit red Dock roots, and lay them in Vinegar, and so wash the Ring-worm or Tetter.

A Medicine for the Stitch.

B Ake a Cake of Wheat flower, and cut it in the midst: then strike the doughtie sides all over with Tarr, and lay it to the Patient as hot as may be: you must lay one half of the Cake to the one side of the Patient, & and the other half to the other side.

A Poult

A Poultis for all manner of Swelling.

S Eeth a lap full of wild Mallowes in running water till they be tender, and then swing them and chop them small; then take a penniworth of sweet butter, and the crums of white bread, and put the Mallowes and all into a quart of milk and seeth it till it be thick, stirring it well; then lay it to the grief as warme as can be suffered.

A Medicine for the Cough.

P ut Mustard-seed into figs, and seeth it in Ale, and drink it.

A Medicine for the Mother.

B Eat Rosin very fine, put it into white Wine and Sallet Oyl, and drink it, and it will doe you good.

A Medicine for the bloody Flix.

B Eat the pills of Pomgranats, and drink them with red-Wine, morning and evening blood warme; then

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then heat a brick red hot, and lay it under a close stoole, and cast Rosemary and Malmſie on it, and let the patient ſit over it.

A very good Medicine for the Piles.

Roast the hard roe of a red Herring hard, then take the seeds of Nettles, and beat them together small, then beat them with Barrowes grease, and boyl them together, and anoint the Piles therewith; then take a chafing diſh of coals, and ſet it under a close ſtoole, and caſt a little Frankincenſe thereon, and let the Patient ſit over it when hee is anointed with the aforeſaid ointment.

A Medicine for a Burn.

Of oyl of roſes and womans milk, take and put into the open place and it will heale it.

Another for the ſame.

WAſh a linnen cloth clean, and burn it, and make a powder

powder thereof, and take the oyl of eggs, and annoint the sore : then strew the powder thereon.

A medicine for the Dropfle.

USe in your meat Anniseeds, Coriander-seeds, and Spikenard of Spain ; and drink it eight dayes together, and it will do you good.

A Medicine to dry a sore.

TAke a pot of Smiths water, a quartern of Roch Allome, half a pint of Oyl of Olives, and put there to an handfull of Sage, and boyl them together till they be half consumed ; then use it to the sore, and it will dry it.

*A Medicine for an ache that comes
against rain.*

CUt the horns of a Stag ; in small peeces, and boyl them in water ; till it bee consumed, from a gallon to a quart : then poure the water from the boues, and it will gelly when it is cold,

A Closet for Ladies

cold, and therewith anoint the griev'd place against the fire evening and morning.

A Medicine for a burn or scald.

S Eeth Mallows and Smallage in water; when they bee tender take them forth, and wring out the water cleane; chop them small, and set them on a chafing dish of coals, and put to it a little sheeps suet, and make of it a salve, and lay it to the sore place thick, and lay a cloth upon it, and tie it on.

A salve for an old Sore.

First take the inner rinde of an Oke that is not very old, and burn it to a coale; then quench it, and make thereof a powder, and temper it with the yolk of an egg, and make thereof a salve.

To make a drink for a burning Ague.

O F running Water take a quart, half a pint of Vinegar, half a quarter of a pint of Rose-water, a quarter

quarter of a pound of Sugar, and one stick of Cinnamon; boyl them all together, let it cool, and give it the sick to drink.

A Medicine for the heat of the Liver.

DRink wort of the first rap, every morning next your heart for a moneth together, and it will help you

*A Medicine to make a yong child
goe to the stool.*

CHafe the navill well with May butter aganst the fire: then take some black wooll that grows between a black sheeps legs, dip it in May butter, and dry it; then lay it to the navill. It is good for an old man also that can take no inward medicine.

An approved

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*An approved medicine for the navill,
when it comes out with trying.*

TAke Wax which is used no other way but to take the Hony from it, and when you have an occasion, melt some of the Wax in a Sawcer, and dip black wooll in it; lay it to the Navill and it will help it.

*A Medicine for the swelling of
a Childs Coads.*

BRay red Rose leaves, and boyl them in red Wine an houre, then wet a cloth in it, and lay it to the Childs Navill as hot as you can suffer it.

A Medicine to stanch the Flix.

OF the juice of Milfoile take a Sawcer full, as much of the juice of Plantane, and wheat flower: temper the flower with the juice of the Herbs,

Herbs, and so make a Cake of it, and bake it and eat it hot.

For to stanch blood at the Nose, or at a Vein that is cut. Proved.

Lay feathers burned to powder upon the Vein that is cut, and also take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold every time, and it shall stanch wheresoever it be. Proved.

For to help a drunken Man or woman for ever.

Give him a Purgation ; after that give him a Swallow, to drink in powder for the space of twelve dayes ; and for a Moneths space give him every day four Almonds to eat, with four leaves of Woodbine beaten. You must eat them in the morning next your heart. Proved.

For

A Closet for Ladies

For Scabs.

Pick Snails, and take the water that comes out of them, and anoint the Scabs therewith; take Vine leaves, and bind them to the Scabs, and doe it every morning and evening, and you shall be whole. Proved.

To dry Scabs.

Put Gum-arabeck into Rose-water till it be consumed, and wash them therewith. Proved.

For the Palsie or shaking in the hands.

Wash thy hands with Sell and Eyfill sodden together, and eat Sage with Mustard fasting.

*To restore a Man to Nature that is
in a Consumption.*

TAke the eldest Cock you can
get, scald him, draw him, and
cut him all in pieces in a glasse pot,
stop him as fast as you can; and put
among these pieces Cloves, Mace,
small Raisins, and salt; then put this
glasse into a great Pot, and let all these
seeth together till they be a gelly: then
strain it into a clean vessell, and give
it to the sick first and last blood warm.

To restore the Brain.

USe powder of Bittony in your
Portage; it will restore the
brain, and destroy the stone.

For a perillous Cough.

TAke Sage, Rue & Commin; stamp
them with Pepper, and seeth them
with Hony, and thereof make an Ele-
ctuary,

A Closet for Ladies

Stuary, and use thereof a Spoonfull evening and morning ; and by the help of God, it shall doe you good.

For them that cannot see, and have red eyes.

Rub white vinegar, upon a whetstone in a fair bason, take as much salt as powder, and grinde them well together in a Bason, and temper them with wine ; and let it stand a day and a night, and put it in a viall of glasse : you must take the thinnest that standeth above in the bason, and put it in your glasse ; and when the patient goeth to bed, take a feather and wet therein, and anoint his eyes.

To anoint the face and make it white.

Stamp fresh Bacon grease, and the whites of eggs together, and a little powder of Bayes, and anoint
your

your face therewith, and it will make it white.

For a fair face another way. Proved.

W Ash your face with Plantane and white vinegar stilled together, fiftene dayes, morning and evening; after this, drink a draught of vinegar in the morning once in three dayes.

To make the face white and fair.

W Ash thy face with Rosemary, boyled in white wine, and thou shalt bee fair: then take Erigan, and stamp it, and take the juice thereof, and put it all together, and wash thy face therewith. Proved.

To help a face with red pimples.

P Luck off the husks of Bayberries, and make fine powder thereof

A Closet for Ladies

of and temper it with hony : annoint
your face therewith six times, and it
will help you.

To draw broken bones out of the head.

TAke Bitony, Vervine, and Rue
stamp them all together very
small, and put thereto Ric-meal or
wheat, and the white of an egg, and
make a plaister, and lay it to the head.

To quench ones thirst.

WAsh the roots of Lovage,
clean, stamp it, and temper
it with water, drink a good draught of
it five nights together, and drink not
in two hours after it.

For one that speaks in his sleep.

LEt the diseased drink Southern-
wood, tempered with wine; in
the morning, and when hee goes to
bed.

For a

*For a woman that bath too much
of the flowers.*

Burn the foot of a Hare, to powder, and drink thereof with red wine and Cinamon first and last nine dayes, and it will help her.

FINIS.
